



## **Why Positive Behaviour Support (PBS) and Applied Behaviour Analysis (ABA) is harmful.**

Signposting to support further research.

(Compiled by, Helen Edgar (Autistic Realms), last updated April 2024).

I am working in collaboration with [STIMPUNKS](#). There is a comprehensive resource about [anti-behaviourism](#) research on their website with additional [WHY SHEETS](#) for parents/carers and professionals to use to self advocate for their young person when needed. These resources have been signed and endorsed by a growing list of individuals and professional organisations including [Thriving Autistic](#) who I am also working with.

Listed below is a selection of some of the key pieces of research and community resources I have personally found valuable. There are many more and I encourage people to seek out the research that resonates with them to help with self advocacy if needed.

*“Positive Behaviour Support (PBS) is being widely promoted as an approach to be used on people who are disabled and/or neurodivergent and display behaviours others do not wish to see. Often the disabled person has significant sensory, communication, trauma or medical needs and rights that are not met. Despite a broad buy-in, PBS is not actually supported by Disabled People’s Organisations and allies. This is because PBS does not meet human rights, has a poor quality evidence base and its risks and harms are not understood.”*

([AMASE, \(2021\), On 'Positive behaviour support.'](#))

*“Both rewards and punishments are ways of manipulating behaviour that destroy the potential for real learning. Instead, he advocates providing an engaging curriculum and a caring atmosphere “so kids can act on their natural desire to find out.”*

([Kohn, A. \(1999\). Punished by Rewards: The Trouble with Gold Stars, Incentive Plans, A'S, Praise, and Other Bribes.](#))

AMASE, (2021), [PBS Supplementary information PDF](#)

Ashburn, M. (2021, November 30). [Does ABA Work? We're Asking the Wrong Question. NeuroClastic.](#)

Ausome Training, [Problems with PBS](#)

Cherry, KMSEd, K. C. (2022, November 7). [What is behaviorism? Verywell Mind.](#)

Chomsky's Philosophy. (2017, March 27). [Noam Chomsky on Behaviorism \[Video\]. YouTube.](#)

Chomsky, N (1971), [The case against B.F. Skinner.](#)

Gray-Hammond, D.,(2022, May 11). [Double empathy, solipsism, and neurotypicality - Emergent Divergence. Emergent Divergence.](#)

ICARS Report, (2023, April 18). [International Coalition Against Restraint and Seclusion.](#)

Kohn, A. (2018). [It's not about behavior - Alfie Kohn.](#)

Kohn, A. (2020) [Autism and Behaviorism -New Research Adds to an Already Compelling Case Against ABA](#)

Kupferstein, H. (2018). [Evidence of increased PTSD symptoms in autistics exposed to applied behavior analysis. \*Advances in Autism\*, 4\(1\), 19–29.](#)

McGill, O., & Robinson, A. (2020). [“Recalling hidden harms”: autistic experiences of childhood applied behavioural analysis \(ABA\). \*Advances in Autism\*, 7\(4\), 269–282.](#)

McNutt, C. (2021) [\*Empty Pedagogy, behaviorism, and the rejection of equity\* | \*Human Restoration Project\*](#)

Milman, C. (2021, March 14). [\*Behaviorism is Dead. How Do We Tell The \(Autism\) Parents?\* NeuroClastic.](#)

Milton, Damian (2020) [\*Applied Behavioural Analysis and the autistic community: time to listen. In: Are We Asking the Right Questions About Behaviour? Studio3 Web Conference, 21 Oct 2020 online. \(PDF\)\*](#)

Milton, Damian, Moon, Lyte (2012) [\*The normalisation agenda and the psycho-emotional disablement of autistic people. \*Autonomy, the Critical Journal of Interdisciplinary Autism Studies\*, 1 \(1\). ISSN 2051-5189. \(KAR id:62638\)\*](#)

Mudridge, J & Dr. Farahar, C. with Aucademy (2021) YouTube. [\*Navigating "autism interventions" & therapies: JayJay educates Aucademy\*](#)

Murray, D. (2020, March 2). [\*Reservations about Positive Behavior Support, or PBS. NeuroClastic.\*](#)

Murray, F. (2023, December 3). [\*Scottish Greens vote to ban ‘Behaviour Modification’ practices for disabled people. \*Bylines Scotland\*.\*](#)

NeuroClastic [\*What is ABA, What are the alternatives, Stop ABA, Support Autistics Home Blog\*](#)

Pukki, H. (2024, April 2). [\*Position Statement on the use of Applied Behavior Analysis and related behavioral methods in the context of treatment, therapy, habilitation or education for autistic people.\*](#) EUCAP.

Quiet hands. (2011, October 5). [\*Just Stimming.\*](#) . .

Rosa, S. D. R. (2022, January 31). [\*On Hans Asperger, The Nazis, and Autism: A conversation across neurologies.\*](#) THINKING PERSON'S GUIDE TO AUTISM.

[Spectrum Gaming - How can schools better support neurodivergent children](#)

[The NEST Approach](#)

[The Anti-Behaviour Behaviour Approach](#)

Therapist Neurodiversity Collective. (2023, July 13). [\*Applied Behavior Analysis \(ABA\) | Therapist Neurodiversity Collective.\*](#)

Therapist Neurodiversity Collective. (2023a, July 5). [\*Positive Behavior Support \(PBS\).\*](#)

Tolley, B. (2023, March 8). [\*The problem with behaviorism - Alliance Against Seclusion and Restraint. Alliance Against Seclusion and Restraint - Opening Doors to Safer and More Inclusive Schools.\*](#)

Wilkenfeld, D. A., & McCarthy, A. M. (2020b). [\*Ethical Concerns with Applied Behavior Analysis for Autism Spectrum "Disorder."\*](#) *Kennedy Institute of Ethics Journal*, *30*(1), 31–69.

[\*An open letter to the Royal College of Speech and Language Therapists \(RCSLT\)\*](#) Hosted on website of Kieran Rose, Autistic Advocate, (2023, August 8). (Helen Edgar, *Autistic Realms* also signed signatory letter).

