

## Best Practice Guidelines from the British Psychological Society

A 52-page document *Working with Autism: Best Practice Guidelines For Psychologists* published in August calls for the use of “principles based on PBS to help individuals acquire skills to improve quality of life”. This is in regard to working with adults with autism (see page 33).

There are also several references throughout the document to the need for functional analyses, and for psychosocial interventions (which are defined by NICE as including some behavioural therapy) and also these two points appear in the best practice recommendations at page 33.

On page 24, with reference to children and young people with autism, the guide states “Although intensive ABA programmes have been found to have positive effects on IQ and adaptive behaviour two years after intervention, there is no evidence that they reduce severity of autism or improve longer-term outcomes (Rodgers et al, 2021).” However, this doesn’t mean that gains don’t persist. Read the whole guidance [here](#).