

Parent Training Program

Frequently Asked Questions

What is the purpose of the Parent Training Program?

Parent Training is a program developed and tested to decrease challenging behaviors in children with Autism Spectrum Disorder (ASD). This will involve a having parents learn to implement a number of strategies such as what can be done to prevent the behaviors, to manage behaviors once they have occurred, to teach new skills that could replace a problem behavior, and to promote positive behaviors instead of the challenging behaviors.

Who can participate in Parent Training?

Parents who have a child between the ages of 3 and 10 with a diagnosis of Autism Spectrum Disorder (ASD) and a number of problem behaviors such as: aggression (hitting, kicking, biting), tantrums, meltdowns, noncompliance, defiance, whining, screaming, as well as many other child behaviors that interfere with the families everyday life. The child should be able to follow simple, 1-step commands. This service is not ideal for:

- ❖ Caregivers who need assessments or interventions that focus only on increasing skills (e.g., language skills, play skills, social skills)
- ❖ Caregivers who want a focus on problem behaviors within the school setting
- ❖ Caregivers who want their child to receive services but can only do so if services are provided in the home

When are the sessions?

The program consists of 11 weekly 1-hour visits with 2 optional sessions and a 1-month follow-up appointment. Appointment times are between 8:30 a.m. and 5 p.m. Our scheduling team will work with you to find a regular day and time for the appointments. The more flexible you are able to be with your schedule, the quicker you will be seen in this program.

Where do sessions take place?

Sessions are held at the Marcus Autism Center.



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What is the attendance policy?

Treatment works only when there are regular appointments with caregivers actively involved and dedicated to treatment. Parent Training has a strict no-show/cancellation policy. Services will be terminated after either:

- ❖ No shows to appointments without calling previously for two appointments.
- ❖ Two consecutive cancellations without 24 hour notice or three cancellations for any reason throughout the course of the admission.
- ❖ Caregivers are not able to consistently complete data and practice treatment between appointments.

Who must be present during sessions?

The child and the caregiver who are seeking the services must be present. The caregiver must be willing to participate for the entire visit. The therapist will not regularly work directly with the child. Parent Training is a parent mediated intervention, which means that parents will be taught skills to implement with their children to reduce problem behaviors. Thus, therapists will work directly with parents during the appointments and we will work with your child to demonstrate use of newly learned concepts and skills.

To maintain consistency across appointments, the caregiver(s) involved in treatment should remain constant across appointments. We strongly encourage other caregivers to participate in appointments and become involved in the treatment of the child's challenging behaviors. Consistency is an important part of treating problem behavior.

Is this the right program for my child?

Parent Training is best for children who engage in a number of problem behaviors. Caregivers must also be willing to actively participate in treatment and practice treatment between appointments.

Questions

Email marcusbtcintake@choa.org or call 404-785-9311 for more information.