

## **Autism and ABA - Parent Training Program**

As a community and professionals and parents working in the field of Autism, we have always been conscious of the importance of family awareness and training, for the well being of the people on the Autism Spectrum. Over the years, we have partnered with parents of the children we work with, to build awareness and to train them and have seen wonderful results. Now, we are offering this as a structured program.

### **What will this program help with?**

This program has twin objectives. One is to help the parents think intelligently about Autism from various angles, not only about what the child's Autism immediately means to the parents but also what Autism means to the child and the society in which the child is growing up. We believe this would help the family make informed decisions about the choice of goals, interventions and the overall approach towards the child.

The other objective is to familiarise the family with Applied Behaviour Analysis (ABA), which is an evidenced based method shown to be highly effective in working with and helping individuals on the Autism Spectrum. At the end of this training you will be able to understand ABA practices and will be better able to engage and connect with your child's therapy programs.

### **What is this program NOT aiming to do?**

This program is not aimed at turning the participant into trained ABA professionals. In other words, participating in this program will not prepare you to practice ABA independently.

### **Program Logistics**

This program is designed to be highly interactive. All the participants will meet for 2.5 hour sessions and will participate in discussions about the questions related to each session. The discussion will be guided along by the co-ordinators, using reading materials, videos and lectures as appropriate.

**Venue:** Sambhavam Center for Autism, BTM 2<sup>nd</sup> stage

**Start date:** August 19<sup>th</sup> Saturday, 8 sessions will be completed in 3 months

**Timings:** Saturdays, 2pm to 4.30pm

**Fee:** Rs. 12,000 for the program per family. This means any and all members of one family – the mother, father, grandparents etc. can attend the sessions for this fee. We take this approach to provide the parents the flexibility to attend the sessions alternately or to bring along other members of the family depending on a specific session content.

**Registration:** You can register your name, email and phone number on the google form [here](#). We will send you the payment instructions. You can also get in touch with us directly at the coordinates mentioned below.

### **Who is conducting this program?**

This training is designed and delivered by a team of Board Certified Behavior Analysts and seasoned parents, with a collective experience of more than 25 years in the field of autism. Key members of the team:

Suruchi Sanchet, MS, BCBA, Director, Hope Center for Autism, 12 years of experience in India and abroad

Chitra Seshadri, BcaBA, Director, Sambhavam Center for Autism and parent of an autistic child

Venu GVGK, BE, MBA(IIM Bangalore), parent with significant experience in autism, ABA and education

## **Autism and ABA - Parent Training Program - Outline**

### **Session 1: Thinking about Autism**

How to think about Autism – What does Autism mean to you and your family? How does this thinking influence and is influenced by the society around? What has been the history of Autism?  
What is neurodiversity? What are the points of views of adults on the spectrum? What can they teach us?

### **Session 2: Goals**

What are the short term and long term aspects of living with Autism? What should be our goals with a child on the spectrum and how can we go about them? Is there likely to be a difference between our goals and the child's needs?

Some pointers: speech versus communication, Education versus schooling, planning for life – independence and social skills

### **Session 3: Interventions**

What are the different interventions available? What should be our approach to choosing and managing interventions?

Some pointers: quick survey followed by discussion on diets and biomedical interventions, speech therapy and occupational therapy

### **Session 4: Parenting an autistic child**

What does being a 'good parent' mean in the context of bringing up an autistic child? What is the role of self-discipline and modelling?

### **Session 5: Introduction to ABA**

What is ABA? What does it do and does not do? What makes some people think negatively about it? How does the use of ABA fit in with our overall thinking about Autism? What are the basic principles of ABA?

Some pointers: behaviour, response, stimuli, consequential learning, Types of consequences

### **Session 6: Scheduling**

What is a schedule? How to introduce and implement one with a child? What does consistency and predictability mean and how are they important? How does scheduling evolve as the child grows? Does scheduling really make a child continue to be dependent on others?

### **Session 7: Introduction to teaching/learning through behavior modification**

How to choose what the child needs to learn? How to use the basic ABA principles to help children "learn"? What are the basic assumptions about how autistics learn? What is the importance of repetition and consistency? How does the level of scaffolding or prompting change as the child learns? Why are reinforcers used and how should the nature of reinforcement change as the child learns and/or grows older?

### **Session 8: Teaching skills in real life setting – examples**

Case studies on teaching specific skills, for example:

Self help skills - eating, toileting; Leisure skills - playing, reading for pleasure; Academic skills – reading, basic math