

# Behavioural Therapies, Emotional Intelligence & Self-Esteem



## Treatments for Neurobiological Disorders Mindd

Mindd Presentation to parents and caregivers,  
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## Treatments and Therapies Overview

Most widely used approaches are:

- Applied Behavioral Analysis (ABA)
- Developmental, Individual Differences, Relationship-based (DIR) /Floortime
- Relationship Developmental Intervention (RDI)
- The SON-RISE program
- Non-directive Play Therapy and Family Therapy

## Applied Behavior Analysis (ABA)

- **Goal:** Social and behavioral skills can be taught to even the most severely autistic child
- **Type of Therapy:** Home- and School-based, reward-centred
- **Conditions Treated:** Autism Spectrum Disorders

## ABA

- **What is Involved?:** "Reinforcer" or reward system for performing a particular task or behavior
- **Motivation and Variety of Tasks:** Tailored to the individual child
- **Time:** Minimum of approx. 40 hours per week.
- **Commitment and Involvement:** Parents and other caregivers – ongoing

## ABA

- **Costs:** Varies with individual Therapists
- **Availability of qualified Therapists:** For further information plus a list of schools and centres, visit [www.rsaffran.tripod.com/consultants.html](http://www.rsaffran.tripod.com/consultants.html)

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## Developmental, Individual Differences, Relationship-based Approach (DIR) /Floortime

- **Goal:** To build healthy foundations for social, emotional and intellectual capacities
- **Type of Therapy:** Relationship-based, interdisciplinary approach

## DIR

- **Conditions treated:** Autism Spectrum Disorders and other developmental challenges
- **What is involved?:**
  - *Developmental:* Develop capacities to engage with others
  - *Individual differences:* Biologically-based; regulates sensations such as sound and touch as well as the planning sequences of actions and ideas
  - *Relationship-based:* Learning relationships with others

## DIR

- **Time:** From 2 to 5 hours per day with primary caregivers. Additional time for speech and occupational therapy approx. 3 to 5 times per week
- **Commitment and Involvement:** Parents and other family members, primary caregivers and therapists – ongoing

## DIR

- **Costs:** Varies with individual Therapists
- **Availability of qualified Therapists:** For further information visit [www.fahcsia.gov.au/sa/disability/progserv/people](http://www.fahcsia.gov.au/sa/disability/progserv/people) or Google DIR

## Relationship Development Intervention (RDI)

- **Goals:** To develop meaningful communication and interaction with peers, improvement in flexible thinking, adaptability and attention
- **Type of Therapy:** Parent- and Family-based intervention program

## RDI

- **Conditions treated:** Autism Spectrum Disorders and Asperger's Syndrome
- **What is involved?:** Treats the "core" deficits by working with the child's own interests to build interaction and communication. Treats the autism instead of just the symptoms

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## RDI

- **Time:** A minimum of 3 hours per week of “lab time” with the child PLUS numerous teaching opportunities throughout each day
- **Commitment and involvement:** Parents, teachers, and other caregivers. Labour-intensive and ongoing

## RDI

- **Costs:** Varies with individual Therapists
- **Availability of qualified Therapists:** For further information and resources visit The Connections Centre [www.connectandrelateforautism.com.au](http://www.connectandrelateforautism.com.au)

## The SON-RISE Program Social Curriculum

- **Goal:** A program for parents to teach other parents and caregivers how to effectively help and work with their children
- **Type of Therapy:** Home-based, child-centred

## Son-rise

- **Conditions treated:** Autism Spectrum Disorders, Asperger's Syndrome, Down Syndrome, Pervasive Development Disorder, Autism/Epilepsy, Cerebral Palsey/Microcephaly and other developmental difficulties

## Son-rise

- **What is involved?:** All areas of child's development with main focus on the skill of social development. Family, love and respect are the keys to success. Home is the source of security. Interactive play.

## Son-rise

- **Time:** Full-time and ongoing
- **Commitment and Involvement:** The entire family is at the centre of this approach. Recommended that other caregivers be enlisted to share the responsibilities of therapy

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## Son-rise

- **Costs:** Varies with individual Therapists
- **Availability of qualified Therapists:** The Autism Treatment Centre of America has accessible training programs as well as scholarships and financial assistance for people from all countries. For further information visit [www.autismtreatmentcenter.org](http://www.autismtreatmentcenter.org)  
(Note the US spelling)

## Non-directive Play therapy and Family Therapy

- **Goals:** To develop self-esteem, emotional maturity and social skills
- **Type of Therapy:** Therapist- and Family-based, Relationship-based

## Non-directive Play therapy and Family Therapy

- **Conditions treated:** ADHD, learning difficulties, Autism Spectrum Disorders, Asperger's Syndrome
- **What is involved?:** Relationship building and the development of social skills through un-structured play

## Non-directive Play therapy and Family Therapy

- **Time:** Preferably one x 1-hour session with a Therapist once per week or, at least, once every two weeks. Average duration of 12 to 18 months
- **Commitment and Involvement:** Parents and primary caregivers with other family members – ongoing

## Non-directive Play Therapy and Family Therapy

- **Costs:** Varies with individual Therapists
- **Availability of Therapists:** For information visit [www.neuro-psychotherapy.com](http://www.neuro-psychotherapy.com)  
[www.playtherapyaustralia.com](http://www.playtherapyaustralia.com)  
or Google Non-directional Play Therapy