

Behavior Therapy Options for Autism Spectrum Disorder (ASD)

Behavior therapy is a scientifically validated treatment for children with ASD

WHAT IS BEHAVIOR THERAPY?

Behavior therapy is a term used to describe a broad range of techniques used to encourage positive behaviors and discourage unwanted or problem behaviors. There are a number of different types of behavior therapy. The type of therapy used can depend on many factors such as the age of the child, the condition(s) being treated, and the severity of symptoms. Consult with your child's healthcare professional for specific recommendations.



TREATMENT OPTIONS FOR BEHAVIOR THERAPY AT THE UNIVERSITY OF MIAMI

Early Intensive Behavioral Intervention (EIBI): Involves using techniques, based on the science of learning, to change behavior and improve communication, socialization, problem-solving, self-care skills, and pre-school readiness. Children participate for several hours a day, multiple days per week. Delivered in a combination of 1:1 and group setting. Ages 18 months – 3 years.

Autism Caregiver Training (ACT): Caregivers learn the skills used by ABA professionals to better understand and manage their child's behavior problems, while also learning how to teach replacement skills. Therapist trains parents how to decrease disruptive behaviors and increase prosocial and adaptive behavior. Short-term therapy (6 weeks) for caregivers taught without the child for 1-2 hours per week. Ages 2-10 years.

Parent-Child Interaction Therapy (PCIT): Therapist and caregivers work as a team to conquer behavior problems, teach social-communication and play skills, and strengthen the caregiver-child relationship. Caregivers and the child are seen together, with live coaching from the therapist, for 1 hour per week. Treatment length ranges (typically 3-6 months). Ages 2 – 7 years.

Project GRASP: Caregivers learn how to use behavioral and developmental strategies to improve their child's communication, play, and social engagement. This brief (6-week) therapy is delivered using live coaching of the caregiver during play sessions with the child for 1 hour per week. Ages 18 months – 6 years.

FOR MORE INFORMATION

UM-NSU CARD: Register with The University of Miami-Nova Southeastern University Center for Autism & Related Disabilities to receive free consultation services. A case manager can help you navigate the path to high quality services, including ACT, Project GRASP, educational programs, therapies and recreational activities. Each case manager will work with families to individualize the approach to treatment based on family's needs.

ASAC: The Autism Spectrum Assessment Clinic offers behavioral parent coaching therapy for children ages 2 - 7 years, including PCIT.

IBIS: The Intensive Behavioral Intervention Services Clinic provides intensive EIBI therapy services to young children, ages 18 months through 3 years.



www.umasac.psy.miami.edu



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www.ibis.psy.miami.edu