



Parent Training Protocol

Parent training is divided into segments, based upon the timing and need of the families. The goal of parent training is to equip parents/caregivers with the principles of applied behavior analysis (ABA) for application at home and in other natural environments.

Parent Training Protocol I (Introduction): This protocol, based off of *Parent Training for Disruptive Behaviors* (Bearss, Johnson, Handen, Butter, & Lecavalier, 2015), provides a 12 week course on the basic principles of ABA. It also covers advanced topics, such as feeding, sleeping, and crisis management.

Sessions	Topic	Skills/ Activities
Week One	Behavioral Principles	Introduce overall treatment goals; introduced concepts of functions of behavior, antecedents and consequences of behavior
Week Two	Prevention Strategies	Discuss antecedents to behavior problems and develop preventative strategies
Week Three	Daily Schedules	Develop a daily schedule and identify points of intervention to decrease behavior problems
Week Four	Reinforcement 1	Introduce concepts of reinforcers – to promote compliance, strengthen desired behaviors and teach new behaviors
Week Five	Reinforcement 2	Introduce ‘catching your child being good’. Teach play and social skills through child-led play
Week Six	Planned Ignoring	Explore systematic use of extinction to reduce behavioral problems
Week Seven	Compliance Training	Introduce effective parental requests and the use of guided compliance to enhance compliance and manage noncompliant behaviors
Week Eight	Functional Communication Training	Through systematic reinforcement, teach alternative communicative skills to replace problematic behaviors
Week Nine	Teaching Skills 1	Using task analysis and chaining,

		provide tools to replace problem behaviors with appropriate behaviors and how to promote new adaptive, coping and leisure skills
Week Ten	Teaching Skills 2	Teach various prompting procedures to use while teaching skills
Week Eleven	Generalization & Maintenance	Generate strategies to consolidate positive behavior changes and generalize newly learned skills
Supplemental Sessions	Feeding Problems, Sleeping Problems, Toilet Training, Imitation Skills, Time Out, Crisis Management, Token Economy Systems	These sessions address specific targets and will be provided at times throughout the twelve weeks.
	Home Visit	Observe the child in the natural environment. Learn about the layout of the child's home. Plan implementation strategies.
	Telephone Booster	Review implementation of intervention strategies. Develop interventions for any newly emerging behavior concerns.

Assessments: Parent Training Protocol I includes an Aberrant Behavior Checklist – Community and the Home Situations Questionnaire at the beginning and completion of the training.

Absences/Make-up Sessions: Make up sessions will occur in a subsequent training session or individually. It is highly recommended that parents/caregivers attend every session for maximal impact.

Schedule: Sessions will be started in rolling three month intervals.

Instructors: The instructors will be Board Certified Behavior Analysts, Board Certified Assistant Behavior Analysts, Speech Language Pathologists, and students in process for these certifications.

Cost: The cost for these eighteen sessions may be billed to insurance (ask our Intake Coordinator upon scheduling for information) or cash pay amount of \$220. Cost includes home visit, workbook, and assessment results. Parents on the intake wait list may use the code WAITLIST for discount rate.