

# 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 IMPACT:** 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 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 training and parent coaching therapies for children ages 18 months through 10 years, including ACT, PCIT, and Project IMPACT.

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



[www.card.miami.edu](http://www.card.miami.edu)



[www.umasac.psy.miami.edu](http://www.umasac.psy.miami.edu)



[www.ibis.psy.miami.edu](http://www.ibis.psy.miami.edu)

## WE OFFER

Weekly Pre-recorded  
Webinars  
and  
Weekly Individual  
homework review

Ages: 2-10 years old

Free for UM-NSU  
CARD Constituents  
only (Miami-Dade,  
Broward and  
Monroe)

Requirements:  
Internet access +  
Device (smart phone,  
tablet, computer with  
webcam)

**UM-NSU CARD**  
5665 Ponce de Leon Blvd.  
Coral Gables, FL 33143  
Website: [www.umasac.org](http://www.umasac.org)

Phone: 305-284-8396  
Email:  
[c.alvareztabio@miami.edu](mailto:c.alvareztabio@miami.edu)

Coming  
this  
Fall



## ONLINE PARENT TRAINING FOR DISRUPTIVE BEHAVIORS AUTISM CAREGIVER TRAINING (ACT)

In this 6-week program, led by Board Certified Behavior Analyst (BCBA), parents will learn how to decrease their child's disruptive behaviors and increase pro-social behaviors and adaptive skills. Parents will learn how to identify the causes of their child's challenging behaviors and teach them appropriate replacement skills. Become your child's own behavior therapist! All from the comfort of your home with Zoom for Healthcare, a HIPAA compliant video conferencing software.

Includes:

- Weekly Pre-recorded Webinars
- Weekly Individual Coaching Sessions



## ENTRENAMIENTO GRATIS

Sesiones pre-grabadas y  
entrenamiento  
individualizado con  
revisión de tareas.

Para padres de niños de 2  
a 10 años

Libre de costo para  
familias  
registradas con UM-NSU  
CARD (Miami-Dade,  
Broward y Monroe)

Requisitos: Acceso a  
Internet + aparato  
(teléfono móvil con  
cámara, tableta,  
computadora con  
cámara web)

**UM-NSU CARD**  
5665 Ponce de Leon Blvd.  
Coral Gables, FL 33143  
Website: [www.umasac.org](http://www.umasac.org)

Phone: 305-284-8396  
Email:  
[c.alvareztabio@miami.edu](mailto:c.alvareztabio@miami.edu)



Comenzando  
en otoño

## ENTRENAMIENTO VIRTUAL PARA PADRES SOBRE CONDUCTAS PROBLEMÁTICAS 'AUTISM CAREGIVER TRAINING'

Este programa de 6 semanas, dirigido por un Analista de Conducta Certificado (BCBA), ayudará a los padres a aprender cómo disminuir los comportamientos problemáticos de su hijo y aumentar los comportamientos sociales adecuados y las habilidades utilizadas diariamente. Aprenderá a identificar las causas de los comportamientos problemáticos de su hijo y le enseñará las habilidades de reemplazo adecuadas. ¡Conviértase en el terapeuta conductual de su hijo! Todo desde la comodidad de su hogar con Zoom for Healthcare, un software de videoconferencia compatible con HIPAA.

Incluye:

- Webinars semanales pre-grabados
- Sesiones semanales individualizadas





# um•nsu•card

University of Miami-Nova Southeastern University

Center for Autism & Related Disabilities

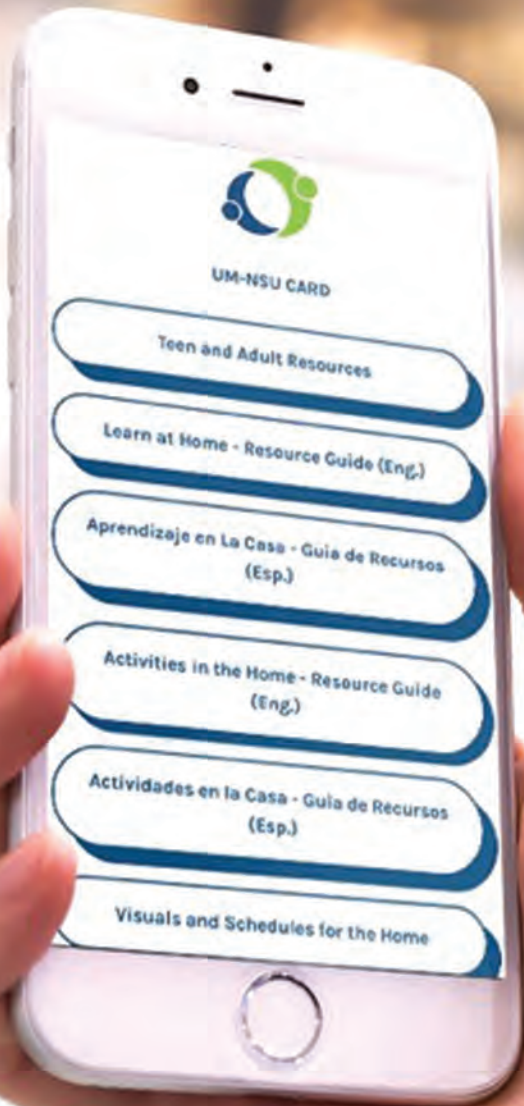
*For a master list of all of our upcoming groups & trainings*  
**CLICK HERE**





*Access **UM-NSU CARD's**  
resources here.*

*Includes social narratives,  
visuals, learn at home  
activities, teen & adult  
resources, groups &  
trainings & much more!*



*Acceda a los recursos de  
**UM-NSU CARD** aquí.  
Incluye narrativas sociales,  
visuales, actividades de  
aprendizaje en el hogar,  
recursos para adolescentes y  
adultos, grupos y charlas y  
mucho más!*