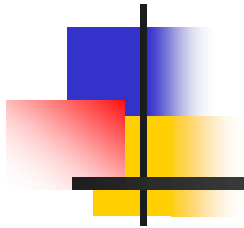


# Parent training in evidence-based practice for Autism



*Dr. Stephen Gallagher BCBA-D*  
*School of Psychology*  
*Ulster University*



# Autism Spectrum Disorder

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- 1 in 160 children worldwide (WHO, 2017)
- 1 in 67 children in U.S. (CDCP, 2016)
- 1 in 30 Schoolchildren (NHS, Northern Ireland, 2019)
- To receive a diagnosis of ASD, individuals will present with difficulties in social interaction and communication as well as a narrow range of interests and activities that are unique to the individual; many of these activities are carried out repetitively (NHS, 2016).



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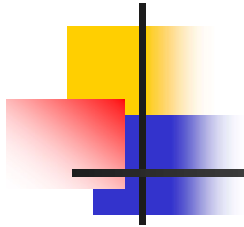


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## Causes and Cures for Autism - Child Autism UK - releasing potential

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Providing Early Intervention And Behavioural Support For Children With Autism. Working To Help ...

## What Causes Autism? | Langdon Foundation | LangdonUK.org

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A Simple Explanation Of All Autism Symptoms & Autism Therapy - Learn More Today. Manchester - Salford. London - Edgware. Disability Charity. Services: Education, Employment, Social.

## So-called autism cures harmful | The National Autistic Society

[Ad](#) [www.autism.org.uk/Autism\\_Cures/Real\\_Danger](http://www.autism.org.uk/Autism_Cures/Real_Danger)

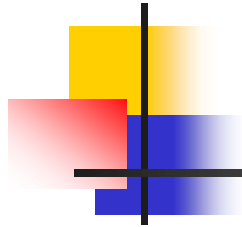
Read about the dangers of GcMAF and MMS, touted as autism cures. Advice on how to make sure...

## What are the causes and is there a 'cure'? - National Autistic Society

<https://www.autism.org.uk/about/what-is/causes.aspx>

27 Jul 2018 - These articles discuss some of the possible causes of autism, and some thoughts on the concept of a 'cure'.

National Autistic Society · Causes of autism · MMR vaccine



## ■ ***The Need for Effective Parent training***

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- Parents of children with ASD are very vulnerable
- The number of children being diagnosed with Autism Spectrum Disorder (ASD) is rising and with this there is a growing number of children waiting to be diagnosed
- Despite the fact that it is parents who carry the greatest burden of caring for their children, there has been little investment in effective parent training



## ■ ***Parental Stress***

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Keenan et al (2007) Families reported that they:

- were restricted in pursuing personal, educational, occupational, and employment interests
- experienced considerably more psychological distress than the general population (i.e., 88% of parents reporting their stress levels as highly stressed or quite stressed.
- experience greater levels of chronic health conditions (25%)
- did not receive sufficient support or advice and information during and after diagnosis and the statementing process
- also noted significant distress when trying to access home, family, or respite support. As a result they sought non-statutory support (e.g., charitable organizations) or relied on their family for support instead.
- were prepared to move house, to gain appropriate services for their children



## ■ ***Parental Stress & Coping***

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- Hastings et al. (2005) identified four types of coping strategies used by parents. These are:
  - 1) active avoidance coping
  - 2) problem-focused coping
  - 3) positive coping, and
  - 4) religious/denial coping.
- Mothers more likely to use problem solving strategies
- No difference in levels of emotional responding



## ■ ***Parental Stress & Coping***

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- Dunn et al. (2001) noted that parents of children with autism experience more stress and are more susceptible to negative outcomes than parents of children with other disabilities.
- They examined the relationship between stressors, social support, locus of control, coping styles, and negative outcomes such as depression, social isolation, and spousal relationship problems.
- Their results showed that higher levels of depression were correlated with low feelings of control and avoidance as a coping strategy.
- Low feelings of control and escape as a coping strategy were also correlated with increased feelings of social isolation.
- Low levels of social support were further correlated to increased levels of spousal relationship problems.

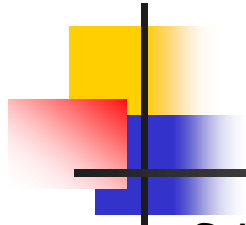




# Parental Involvement in Interventions

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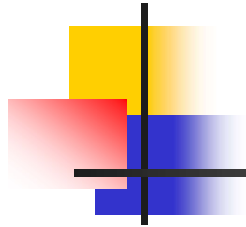
- Reduces family stress (Koegel et al. 1996).
- Better outcomes in measures such as:
  1. Nonverbal (Anderson & Romanczyk 1999) and verbal communication (Stahmer & Gist, 2001),
  2. Behaviour management (Lutzker & Steed, 1998)
  3. Higher levels of appropriate play skills (Stahmer, 1995)
  4. Joint attention (Vismara & Lyons 2007)
  5. Imitation and social responsiveness (Ingersoll & Schreibman, 2006)
  6. Greater levels of positive parent- child engagement (Mahoney & Perales 2003).



# STAMPPP

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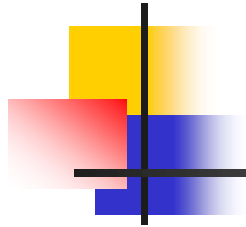
- Science and the Treatment of Autism: a Multimedia Presentation for Parents & Professionals
  - Ulster University
  - Queen's University, Belfast
  - Erasmus University, Rotterdam
  - Istituto Europeo per lo Studio del Comportamento Umano
  - Specialpedagogiska Institutionen, Stockholm University
  - The State Diagnostic and Counselling Centre, Iceland
  - ANTAM
  - Parents' Education as Autism Therapists
  - Universidad de Oviedo/ABA Spain
  - Akershus University, Norway
  - University of Applied Sciences, Munster



# STAMPPP

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- Need to provide parents and professionals with an informed choice for their children
- Data driven decision making to ensure Best Practice
- Funded by Leonardo da Vinci Lifelong Learning Programme



# STAMPPP

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- Simple Steps uses video footage of parents and their children to educate other parents and professionals on all aspects of autism:
  - Parents & Professionals
  - Understanding Behaviour
  - Measuring Behaviour
  - Increasing Behaviour & Teaching New Skills
  - Dealing with Problem Behaviour



- Parent friendly but scientifically accurate
- Online
- Culturally sensitive
- Measuring Behaviour
- Learning to Teach
- Interactive Training

# STAMPPP



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**The Online Teaching Platform for the treatment of Autism**

*Simple but effective tools based on the proven science of ABA*





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The logo graphic consists of a black crosshair centered over a yellow square in the top-left, a red square in the bottom-left, and a blue square in the bottom-right. The word "STAMPPP" is written in a large, blue, sans-serif font to the right of the crosshair.

# STAMPPP

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- Feedback from the projects showed that parents strongly agreed that the tool helped them
  1. understand their child's behaviour
  2. decrease inappropriate behaviour
  3. teach new skills
  4. easy to understand and use
  5. made a significant difference to their child and family.
  6. the resource was also available continuously and was therefore easily accessible when required.

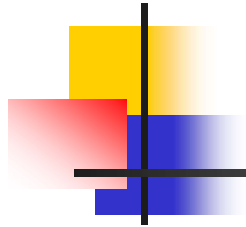


# Parent Training

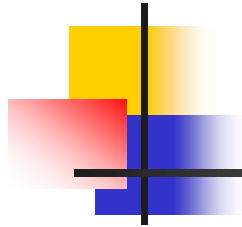
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- This presentation recommends that governments across Europe invest in parent training as a cornerstone of evidence-based practice, while drawing on a European project that originated in Northern Ireland to meet the needs of parent training through the use of internet-based training in evidence-based practice.





An explanation of human behaviour can be achieved when its controlling environmental variables are identified.



# The Basic Unit of Behaviour

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- ***Antecedent:*** a stimulus or event that precedes a behaviour.
- ***Behaviour***
- ***Consequence:*** a stimulus or event occurring immediately after a behaviour.



# Data Driven Decisions

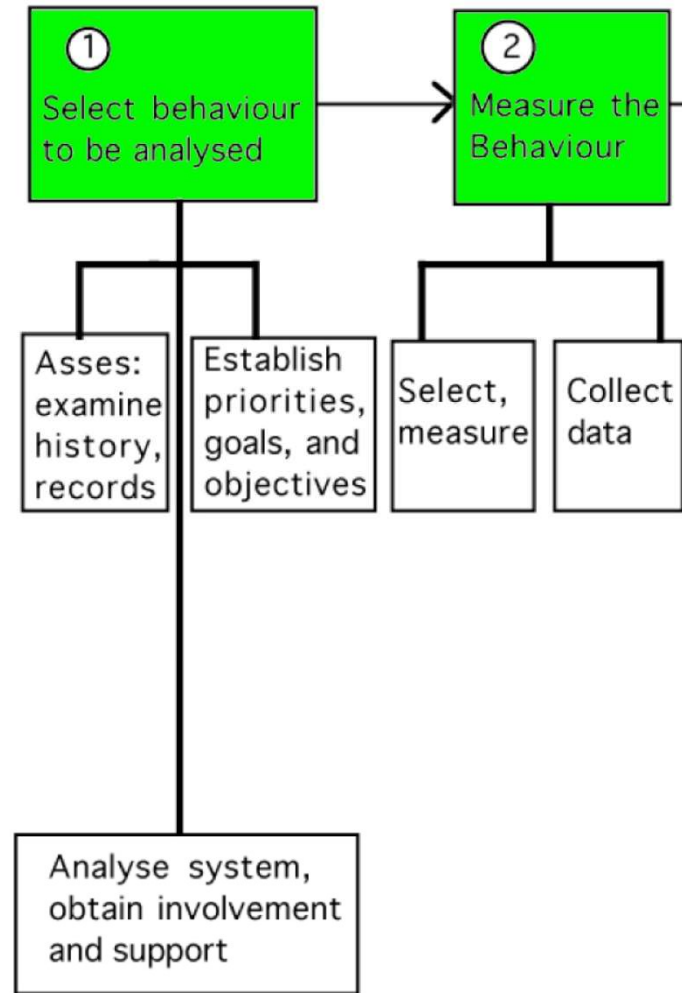
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- All decisions made in an ABA programme are based upon the data collected
- Scientific accountability versus anecdotal evidence

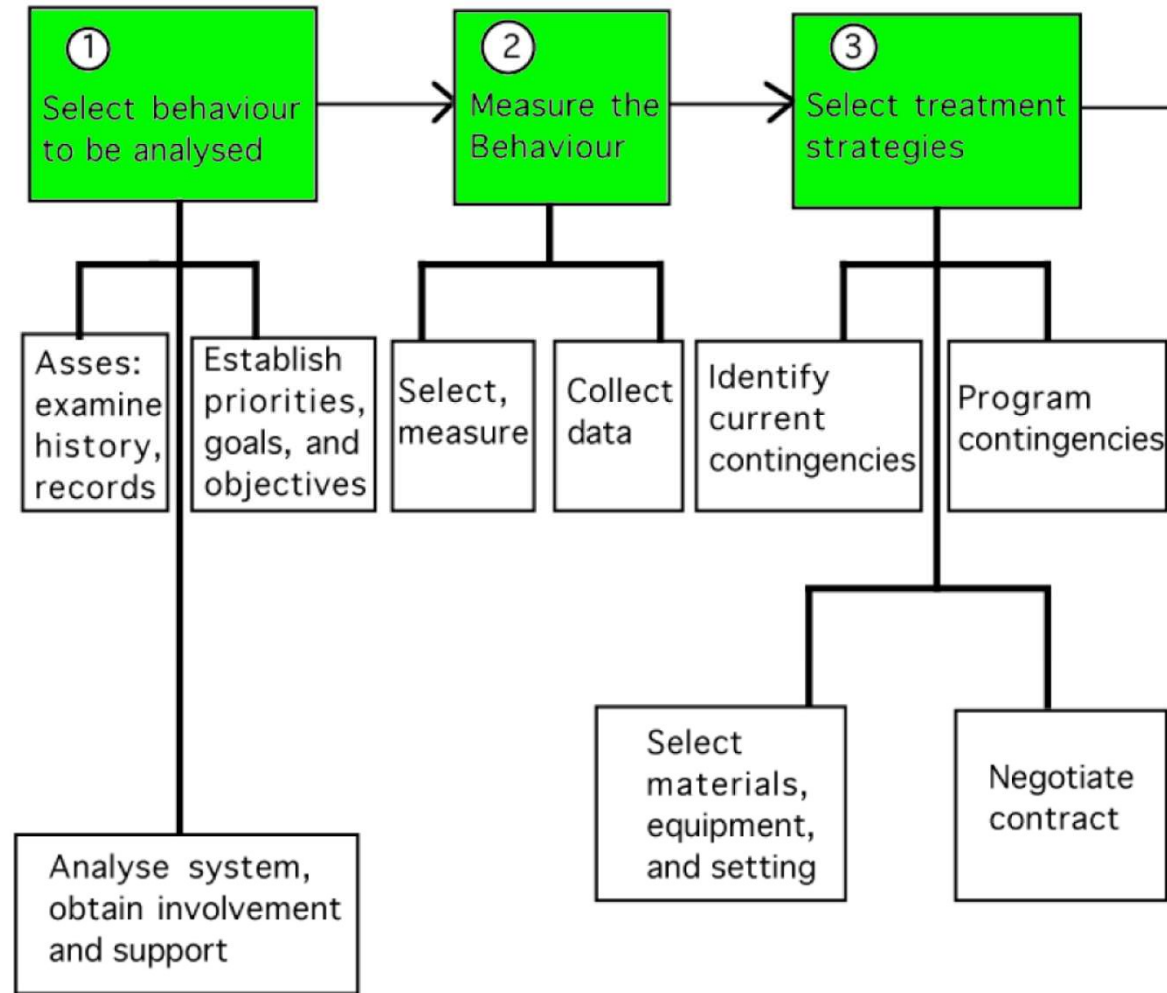
# Person-Centered and Holistic perspective: Evidence-based practice



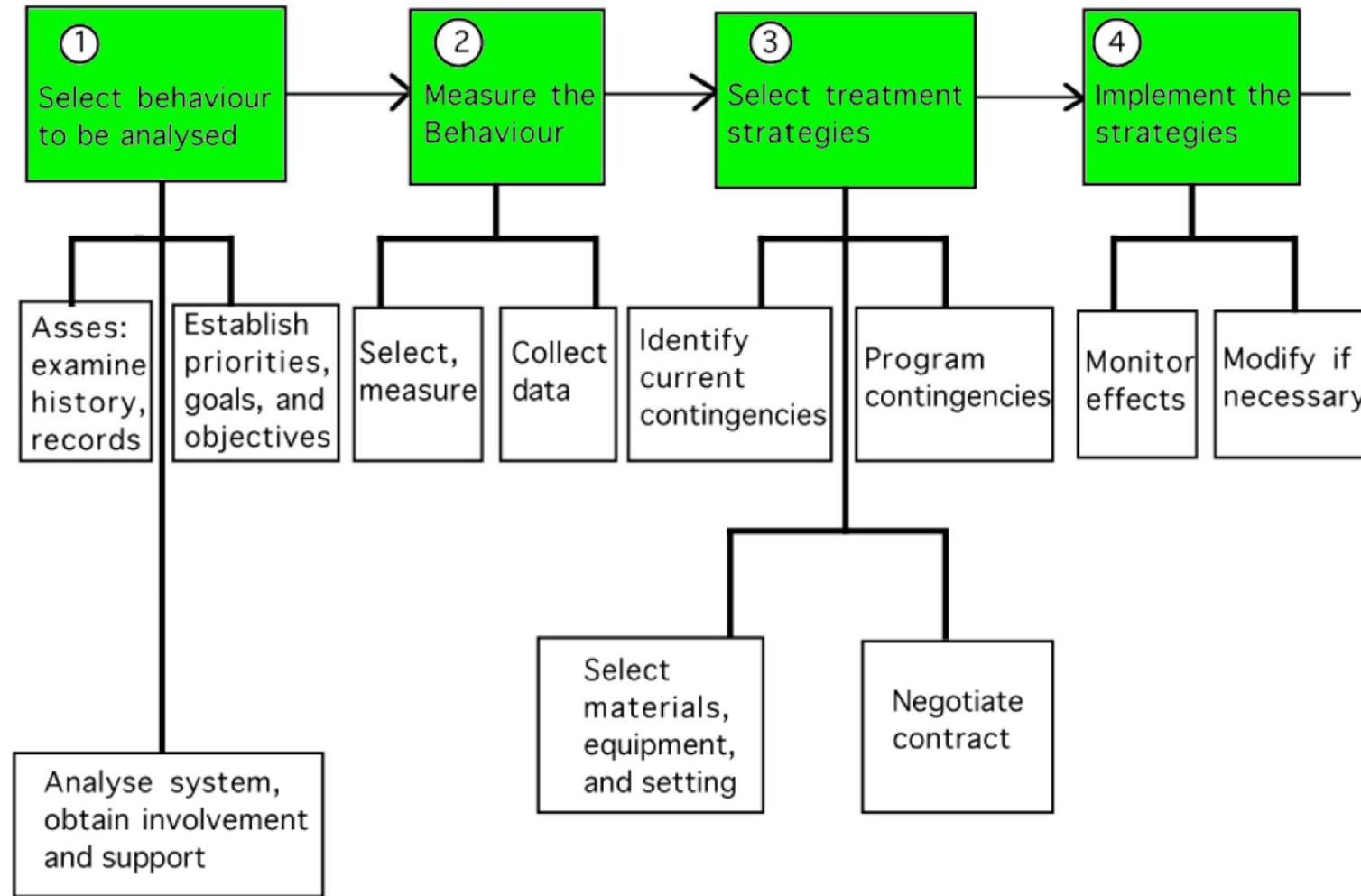
# Person-Centered and Holistic perspective: Evidence-based practice



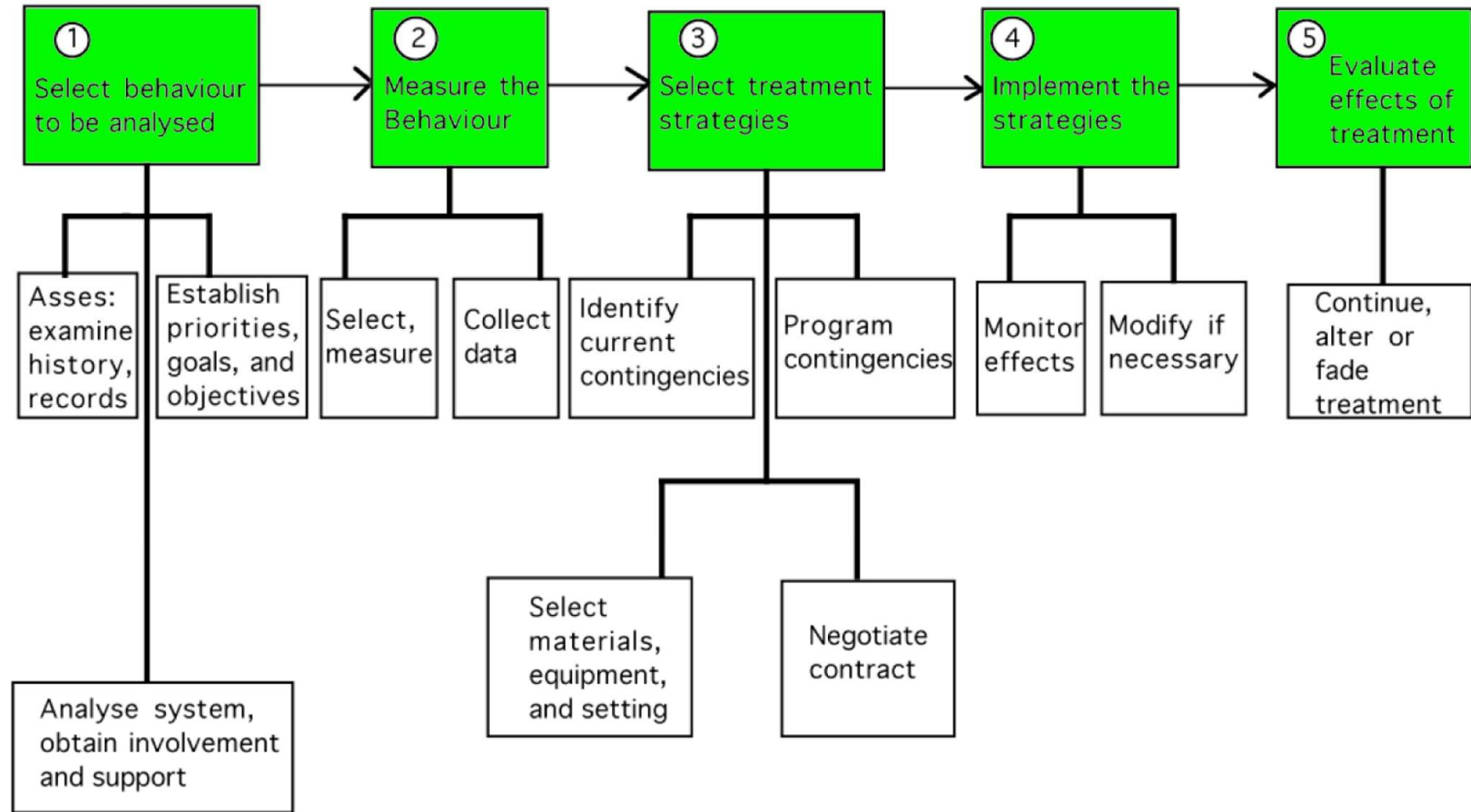
# Person-Centered and Holistic perspective: Evidence-based practice



# Person-Centered and Holistic perspective: Evidence-based practice



# Person-Centered and Holistic perspective: Evidence-based practice







# The Application of Behaviour Analysis

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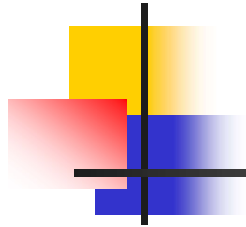
- Regardless of setting, a critical skill of a good behaviour analyst is balancing the multiple needs of the child simultaneously and knowing what proportional weight to give these various factors at any one point in time



# The Application of Behaviour Analysis

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- No single set of materials, written descriptions, or video examples can fully prepare a behaviour analyst to make optimal decisions for each individual child
- Examples are based on what may typically work



# Child Centred?

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- As each child is an individual we must be sensitive to his/her needs
- The procedures in ABA are essential for the quantification and specification of intervention strategies



# Behavioural Deficits

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Something the child does too little of:

- Language
- Social skills
- Appropriate play skills
- Self help skills

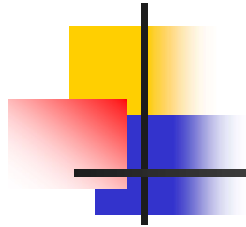


# Behavioural Excess

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Something the child does too much of :

- stimming
- temper tantrums
- obsessions with specific items
- aggression



# Rounded Education

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- A rounded education should take account of all aspects of the learner's life:
  1. Social
  2. Communication
  3. Self-help
  4. Pre-Academic/Academic
- Take steps to ensure that behaviour is reinforced by natural contingencies



# Building a relationship

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- Shaping parental behavior
- Just for Dads
- Starting on Day-One
- What does a session look like?
  1. Review Data
  2. Watch parent carrying out programmes
  3. Generalisation probe
  4. New skills introduced
  5. Watch parent
  6. Review Visit