

There are a variety of behavioral treatment approaches and interventions utilized with individuals with Autism Spectrum Disorders. At AIBDT, the specific needs for interventions will be tailored to each individual client.

Each individual will receive an intake evaluation, during which time a comprehensive evaluation will be conducted to determine the individual and family behavioral treatment needs and provide recommendations. The Autism Spectrum Clinic at AIBDT may be ideal for children who are in the process of fading out of traditional wraparound interventions.

At AIBDT, services for Autism Spectrum Disorders are provided to children of all ages, including young toddlers through young adulthood. The office-based programs and therapies include:

- Psycho-educational therapy to parents and office-based practice on ABA behavioral therapy approaches for young toddlers and preschoolers,
- Play therapy approaches to building social and communication skills in preschoolers,
- Cognitive Behavioral Therapy for treatment of associated anxiety or obsessive/compulsive symptoms,
- Structured social skills therapy via the Social Skills Improvement System, which is a structured, step-by-step program for teaching individuals with Autism Spectrum (ages 3 to 18 years old) improved skills with Communication, Cooperation, Assertion, Responsibility, Empathy, Engagement, and Self-control, and
- Social thinking and communication skills support utilizing structured training manuals for adolescents and young adults,
- Behavioral Family Therapy approaches to help identify and manage triggers and consequences to conduct related issues often associated with Autism Spectrum Disorders (e.g., noncompliance, rigid strong will, tantrum meltdowns), utilizing Functional Behavioral Assessment principles integrated with family systems models of change, and
- Individual and/or family therapy to support siblings of children with ASD who may have difficulty coping with the stress of having a special needs brother or sister.

Additionally, the psychologists will provide psychological testing and/or wraparound (BHRS Best Practice Evaluations) as may be needed as well as provide referrals to psychiatrists if or when this may be needed to assist with meeting social, communication, and behavioral goals. The psychologists and therapists can also provide guidance for IEP teams.