



Parent Training Agreement

History & Research of Parent Training

Parent training refers to “educational interventions with parents that aim to help parents cope better with the problems they experience with their children” (Booth, Gallagher, Keenan, 2018).

Parent training is designed to assist parents obtain the support needed from their child’s therapist. Parent training can help augment current parenting strategies and provide the ability for children to generalize skills targeted in 1:1 ABA sessions within their natural environment.

OTS (On The Spectrum) has the ability to adapt parent training to fit the needs of each individual family so that all needs are being met. Individualized components can involve contrived role play, rigid behavior plans, toileting, community-based training (going to stores, etc.), in addition to venting about any frustrations you, the parent, may be experiencing. These areas will be covered and developed with the assistance of your child’s BCBA/BCaBA/QASP-S in order to develop measurable goals to ensure proficient services are provided.

Research has shown that parent training has long term effects on their child and their ability to retain the information. In a study with 20 participants that received behavior analytic services for 12-14 months, some parents received parent training and others did not. Researchers stated, “results suggested the importance of including parent training as part of a comprehensive treatment model to ensure maintenance of skills acquired throughout the course of treatment” (Leaf, Weinkauf, Oppenheim-Leaf, 2017). The researchers defined maintenance of skills as children continuing to improve in skill deficit areas that their parents were trained to intervene with.



On The Spectrum

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Agreement

As stated in the OTS (On The Spectrum) Agreement, parent/guardian participation is a mandatory expectation of delivery of services.

Participation may involve:

- team meetings
- data collection
- implementation and involvement of recommended strategies

Consultations will involve:

- progress monitoring
- abrupt changes in behavior
- major transitions
- current level of service needed
- potential barriers in treatment

If there is lack of involvement, OTS (On The Spectrum) reserves the right to reconsider the appropriateness of services. Parent Training is developed to strive toward positive, effective, and long-lasting results. In order to achieve consistency across settings, generalization of skills, and increase the likelihood of success, parent training will be a necessary component for your child's progress and implementation of services.

Parent training requires the presence of the parent/legal guardian. In cases where your individual insurance funder permits, parent training sessions can be scheduled around times your child isn't present. This is dependent on individual insurance funder requirements. Please contact your child's supervisor for more information or clarification.

OTS (On The Spectrum) policy requires at least 1 parent training per month, with the option to have up to 4 parent training sessions. It is up to you and your child's BCBA, BCaBA, QASP-S, what you and your child would benefit most from based on medical necessity and behavioral excesses and/or deficits assessed by the supervisor.



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Consent

I/We are agreeing to _____ Parent Training Sessions per month (1-4)

Child's name

Supervisor's Name/Signature

DATE

Parent/Guardian #1 Name

DATE

Parent/Guardian #2 Name

DATE

OTS Mgmt Signature

Resources:

BoothN., GallagherS., & KeenanM. (2018). Autism, Interventions and Parent Training. *Psichologija*, 57, 74-94. (Link) <https://doi.org/10.15388/Psichol.2018.0.11904>

Leaf, Justin & Cihon, Joseph & Weinkauf, Sara & Oppenheim-Leaf, Misty & Taubman, Mitchell & Leaf, Ronald. (2017). Parent Training for Parents of Individuals Diagnosed with Autism Spectrum Disorder. 10.1007/978-3-319-61738-1_8. (Link) [https://www.researchgate.net/publication/320205214 Parent Training for Parents of Individuals Diagnosed with Autism Spectrum Disorder](https://www.researchgate.net/publication/320205214_Parent_Training_for_Parents_of_Individuals_Diagnosed_with_Autism_Spectrum_Disorder)