



# *Sheltering Tree*

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## *Overview of Programs and Approaches*

### ***ABA (Applied Behavior Analysis)***

*This treatment program uses general principles of behavioral therapy to build the skills that children with autism lack, such as language, play, self-help, and social, academic, and attentional skills. ABA is based on the theory that all behavior is learned and that it is governed by antecedents and consequences. Tasks are broken down into smaller parts and then each part is systematically taught until the entire task has been learned. Positive reinforcements are an integral part of this program.*

### ***Intensive Educational Interventions***

*Within this program, motivational techniques are used to stimulate and enhance a child's social and environmental awareness. This program involves the use of:*

- *motivational techniques*
- *language usage*
- *intervention techniques*
- *communication and language intervention for non-verbal children*
- *social behavior interventions*
- *peer modeling*

### ***Play Therapy***

*Play therapy is to children what counseling is to adults. Play therapy utilizes play, children's natural medium of expression, to help them express their feelings more easily through toys instead of through words. Play therapy builds on the idea that although a child might lack the cognitive skills to express themselves with words, therapy through play gives them the opportunity to communicate and express feelings, modify behavior, problem-solve and learn to relate to others.*

### ***Sensory Integration Therapy***

*Sensory integration therapy consists of motor and sensory activities, often in the form of play, that help the child better organize sensory information such as touch, movement, body awareness, sight, sound, and the pull of gravity.*

### ***Videotaped Self-Modeling***

*Videotaped self-modeling (VSM) was developed as a means to allow participants to view themselves in situations where they are performing at a more advanced level than they typically function. This method is especially effective when working with language and social behaviors.*

### ***PECS (Picture Exchange Communication System)***

*The Picture Exchange Communication System is an augmentative communication system developed to help individuals quickly acquire a functional means of communication (Bondy and Frost, 1994). PECS is appropriate for individuals who do not use speech or who may speak with limited effectiveness.*