



## **CERTIFICATE IN AUTISM STUDIES – Professional**

### **COURSE LIST FALL 2009**

#### **Understanding Autism PCAS01**

**Course Description**—This is the first course in the Certificate of Autism Studies. This course provides an introduction to Autism Spectrum Disorders; prevalence; the history; current theories; research findings. This course is a pre-requisite for the more comprehensive topic areas covered later in this program.

##### **Module 1 – Understanding Autism**

As a result of completion of this module, the participant will be able to:

- Identify facts related to Autism.
- Define the meaning of a Spectrum disorder.

##### **Module 2 – Causes and Characteristics of Autism Spectrum Disorders**

As a result of completion of this module, the participant will be able to:

- Identify the possible causes of Autism.
- Demonstrate familiarity with the Learning, Communication, and Behavioral characteristics associated with Autism.

##### **Module 3 – Applied Behavior Analysis Training**

As a result of completion of this module, the participant will be able to:

- Define applied behavior analysis.
- Identify the five components of Discrete Trial Teaching.
- Explain the three 'C's' of Discriminative Stimulus.
- Distinguish between chaining and shaping.
- Demonstrate understanding of what is meant by generalizing a behavior.

##### **Module 4 – Treatment of Behavior**

As a result of completion of this module, the participant will be able to:

- Identify and apply to a given scenario strategies for teaching alternate appropriate behaviors.
- Identify the different types of reinforcers that you could use, and when it is appropriate to use them.

##### **Module 5 – Functional Communication Strategies**

As a result of completion of this module, the participant will be able to:

- Identify the three areas of communication difficulties in students with Autism.
- Identify and implement functional communication strategies for each of the three areas.

##### **Module 6 – Curriculum and Classroom Design**

As a result of completion of this module, the participant will be able to:

- Define key aspects of good curriculum and goal selection.
- Explain several factors that will create a supportive educational environment.
- Complete an objective test to demonstrate understanding of the appropriate classroom design that you should adopt for students with Autism.

##### **Module 7 – Biomedical Issues in Autism**

As a result of completion of this module, the participant will be able to:

- Evaluate the validity of different biomedical approaches to mitigate the affects of Autism.

## **Supporting People with Challenging Behaviors PCAS02**

**Course Description**—This course has been designed to give practitioners an increased awareness and understanding of challenging behaviors, and help them to understand some strategies to help prevent challenging behaviors from occurring while supporting the students when they do.

### **Learner Outcomes:**

#### **Module 1 – Types of Challenging Behaviors**

As a result of completion of this module, the participant will be able to:

- Identify the types of challenging behaviors.
- Explain how to identify which type of behavior is being displayed.

#### **Module 2 – Causes of Challenging Behaviors**

As a result of completion of this module, the participant will be able to:

- Identify the main causes of challenging behaviors.
- Explain the functions of behaviors.

#### **Module 3 – Positive Behavior Supports**

As a result of completion of this module, the participant will be able to:

- Define positive behavior supports.
- Identify and explain strategies we can use to help address behavioral problems.
- Define Functional Behavioral Assessment, and explain how this can help people with challenging behaviors.

#### **Module 4 – Observing, Recording, and Reporting Data**

As a result of completion of this module, the participant will be able to:

- Identify why we gather data about challenging behaviors.
- Explain the methods used to gather information about challenging behaviors.
- Analyze the reliability of data that is gathered.

#### **Module 5 – Responding to Challenging Behavior**

As a result of completion of this module, the participant will be able to:

- Identify and explain strategies you could use to respond to challenging behaviors.
- List things to avoid when responding to challenging behaviors.
- Explain what is meant by the conflict cycle, and how to avoid becoming involved in it.

#### **Module 6 – Legal and Ethical Considerations**

As a result of completion of this module, the participant will be able to:

- Identify some of the legal and ethical considerations for supporting people with challenging behaviors.
- Explain some ways in which you are able to strengthen your relationship with people with challenging behaviors.

## **Person Centered Planning PCAS03**

**Course Description**—Working as an independent practitioner or as part of an interdisciplinary team supporting an individual with disabilities in a person centered way can be critical to that individual's success. Person Centered Planning (PCP) is a course designed to provide a firm understanding of the philosophy and process of thinking and planning in a person centered way.

### **Learner Outcomes:**

#### **Module 1 – Introduction**

As a result of completion of this module, the participant will be able to:

- Define Person Centered Planning.

- Describe how Person Centered Planning works to help to enable individuals with disabilities to increase their self-determination and independence.

### **Module 2 – Moving Towards Self-Determination**

As a result of completion of this module, the participant will be able to:

- Identify how traditional models have disempowered individuals with disabilities.
- Explain why there is a need to move towards patterns that support individuals to have a more positive connection with their community.
- Explain why self-determination is important to all individuals.

### **Module 3 – Belonging to the Community**

As a result of completion of this module, the participant will be able to:

- Identify why belonging to a community is central to successful Person Centered Planning.

### **Module 4 – Person-Centered Planning Tools**

As a result of completion of this module, the participant will be able to:

- Identify how PCP tools have developed and evolved.
- Describe the basic steps that need to be taken to implement the PCP process.
- Demonstrate an understanding of the guidelines for successful Person Centered Planning.

### **Module 5 – Creating a Circle of Support**

As a result of completion of this module, the participant will be able to:

- Identify and describe the four concentric circles that together make up a Circle of Support.
- Summarize the different types of support experienced within each circle.
- Explain the steps that should be taken in creating a Circle of Support.

### **Module 6 – Essential Lifestyle Planning**

As a result of completion of this module, the participant will be able to:

- Identify that at the core of ELP is the belief that there are essential elements in our day-to-day lives that provide for a basic quality of life.
- Describe how ELP attempts to integrate these elements into an individual's daily routines.
- Explain how ELP develops a plan based on the desires of the individual.

### **Module 7 – MAPS**

As a result of completion of this module, the participant will be able to:

- Summarize how MAPS enables the client to share their life story in detail.
- Analyze the eight questions used in implementing the MAPS tool.

### **Module 8 – Personal Futures Planning**

As a result of completion of this module, the participant will be able to:

- Explain the steps to take to ensure successful PFP.
- Compare how PFP differs from other PCP tools.

### **Module 9 – PATH**

As a result of completion of this module, the participant will be able to:

- Identify and describe the eight steps in the PATH process.
- Assess how the PATH process differs from other PCP tools.

### **Module 10 – Encouraging Organizational Change**

As a result of completion of this module, the participant will be able to:

- Evaluate why a person-centered organizational structure is more effective than a system-centered structure.
- Explain the steps that can be taken to aid in the transition from a system-centered to a person-centered structure.

### **Module 11 – Transition Planning**

As a result of completion of this module, the participant will be able to:

- Compare and contrast Transition Planning and PCP.

### **Data Collection PCAS04**

**Course Description**—Challenging behavior is the one thing that continues to consume our time, resources and emotion in the work we do. The more efficiently we support students with Autism to change their behavior, the more closely we achieve the outcomes we strive toward. Understanding whether our efforts to support behavior change are working, is the foundation of any effective behavior support plan. To know this, we need data! Data Collection is a "quick course" of study in why we need to collect data and covers the fundamentals of how to do so. This includes graphing and how to ensure the data you collect is reliable.

**Learner Outcomes:**

#### **Module 1 – Data Collection**

As a result of completion of this module, the participant will be able to:

- Explain how to collect and utilize data in effective and reliable ways.
- Demonstrate how graphs can be used in behavioral support.

### **Building Capacity for Implementing Positive Behavior Supports PCAS05**

**Course Description**—This course is designed to give practitioners valuable tools they can use for developing and implementing positive behavior supports to support children and adults with challenging behaviors. The course outlines an approach for understanding why problem behavior occurs, and how to adapt intervention strategies to address the specific needs of individuals. In addition, the course provides guidelines for assisting those responsible for implementing positive behavioral supports to do so in a reliable manner so recommended positive behavioral supports can produce their intended benefit. (PBS)

**Learner Outcomes:**

As a result of completion of this module, the participant will be able to:

- Describe what Positive Behavior Support (PBS) is
- Identify what makes up the foundation of PBS
- Explain A-B-C relationships
- Identify the function of behavior
- Identify proactive, teaching, and reactive strategies used in PBS
- Follow through two vignettes and develop behavioral intervention plans for both

### **Overview of Discrete Trial Teaching for Practitioners PCAS06**

**Course Description**—This course provides an overview of Discrete Trial Teaching (DTT), which has been identified as one of the Best Practice for helping children with Autism develop new skills. The course provides a review of the different components that make up Discrete Trial Teaching and provides guidelines for implementation to assist educators with putting this approach into practice. Important issues related to generalizing skills are reviewed to ensure teaching efforts lead to the child's use of emerging skills in their typical interactions with others. (DTT)

**Learner Outcomes:**

#### **Module 1 – Introduction to Discrete Trial Teaching**

As a result of completion of this module, the participant will be able to:

- Identify the purpose of Discrete Trial Teaching.
- Explain how Discrete Trial Teaching is conducted.
- Compare and contrast the benefits and limitations of Discrete Trial Teaching
- Recall how to deliver appropriate consequences.
- Identify the different types of prompts, and explain the hierarchy of prompts.

## **Addressing Problem Behaviors: Part 1 – Problem Behavior PCAS071**

**Course Description**—This is the first course in a three-part series on Functional Assessment, and contains an introduction to Functional Assessments.

### **Learning Outcomes:**

#### **Module 1 – An Introduction to Functional Assessments for Individuals with Autism**

As a result of completion of this module, the participant will be able to:

- Describe the difference between Functional Assessment and Functional Analysis.
- Explain the responsibilities of the Functional Assessment Team.
- Describe the purpose for performing an FA.
- Describe the rights and requirements for individuals and the healthcare professional regarding Functional Assessment.

#### **Module 2 – Conducting a Functional Assessment**

As a result of completion of this module, the participant will be able to:

- Identify the problem behavior in concrete terms.
- Assess strategies for analyzing the behavior.

#### **Module 3 – Techniques for Conducting a Functional Assessment**

As a result of completion of this module, the participant will be able to:

- List the techniques of Indirect and Direct Assessment.
- Analyze given data.
- Demonstrate an understanding of an hypothesis statement.

#### **Module 4 – Carrying out the Treatment Plan**

As a result of completion of this module, the participant will be able to:

- Identify the difference between skill deficits and performance deficits.
- Describe strategies to help overcome skill and performance deficits.

#### **Module 5 – Evaluating the Treatment Plan**

As a result of completion of this module, the participant will be able to:

- Decide circumstances under which a review of an intervention plan should be carried out.

## **Addressing Problem Behaviors: Part 2 – Conducting an FA PCAS072**

**Course Description**—This is the second course in a three-part series on Functional Assessment, and explains in detail the process of conducting a Functional Behavioral Assessment. This course examines the rationale for and discusses the process of conducting a Functional Assessment.

### **Learner Outcomes:**

#### **Module 1 – Conducting a Functional Assessment**

As a result of completion of this module, the participant will be able to:

- Describe the purpose of a Functional Assessment (FA)
- Describe what a Functional Assessment is.

#### **Module 2 – Rationale for Using Functional Assessments**

As a result of completion of this module, the participant will be able to:

- Explain why FAs are conducted.
- Describe and identify the functions of challenging behaviors clients may be displaying.

#### **Module 3 – Conducting a Functional Assessment**

As a result of completion of this module, the participant will be able to:

- List the specific steps that are used
- Explain what each of these steps mean, and how they are used.

## **Addressing Problem Behaviors: Part 3 – Creating a Positive Support Plan PCAS073**

**Course Description**—This course is the third in a three-part series on Functional Assessment, and explores the process of developing, implementing, and monitoring Functional Assessments.

### **Learning Outcomes:**

#### **Module 1 – Introduction**

As a result of completion of this module, the participant will be able to:

- Recall the process for implementing Functional Assessments (FAs).

#### **Module 2 – Rationale for Developing Positive Behavioral Interventions**

As a result of completion of this module, the participant will be able to:

- Explain the logic behind functional assessment.
- Show understanding of the basic process for conducting a Functional Assessment (FA).

#### **Module 3 – Developing, Implementing, and Monitoring a Positive Behavioral Intervention Plan**

As a result of completion of this module, the participant will be able to:

- List what Direct Support Professionals include in a Treatment Plan
- Identify some problems with reactive interventions.
- Explain some functions that behaviors may serve.

#### **Module 4 – Elements of a Behavioral Intervention Plan**

As a result of completion of this module, the participant will be able to:

- Identify strategies that a direct support team should include in the Treatment Plan.
- Explain techniques direct support teams should consider when developing the plan.
- Explain how strategies should be implemented.

#### **Module 5 – Strategies to Address Different Functions of Behavior**

As a result of completion of this module, the participant will be able to:

- Identify internal and external factors that can influence behaviors.
- Identify and explain strategies for dealing with attention-seeking behaviors.
- Identify and explain strategies for dealing with escape-motivated behaviors.

#### **Module 6 – Skill and Performance Deficits**

As a result of completion of this module, the participant will be able to:

- Explain what is meant by skill deficit.
- Explain what is meant by performance deficit.
- Identify methods to help address skill and performance deficits.

#### **Module 7 – Selecting and Implementing Interventions**

As a result of completion of this module, the participant will be able to:

- Identify guidelines for selecting intervention options for the treatment plan.
- List supports available as part of the treatment plan.

#### **Module 8 – Reinforcement of Appropriate Behavior**

As a result of completion of this module, the participant will be able to:

- Explain how to determine the type of reinforcer that should be used
- Identify how to determine the type of reinforcer that should be used
- Demonstrate knowledge of how to ensure long-lasting change in behaviors

#### **Module 9 – Special Considerations**

As a result of completion of this module, the participant will be able to:

- Explain the use of punishment as an intervention.
- Identify how to develop a Crisis/Emergency Plan, and when these need to be implemented.
- Monitor and evaluate effectiveness of a treatment plan.
- Determine how and when to modify a treatment plan.

#### **Module 10 – Obstacles**

As a result of completion of this module, the participant will be able to:

- Identify the obstacles related to functional assessments and treatment plans
- List other considerations for Direct Support Professionals when carrying out treatment plans

### **Transitioning Between Activities PCAS08**

**Course Description**—People spend their day transitioning from one activity to another with little or no thought as to how they do it or consider the process involved. Whatever the setting, school, work, home, we largely complete these transitions naturally and without consequence. While natural to most people, individuals with Autism can have difficulty in changing between activities and coping with changes to their schedule or environment. This course will provide you with tools to help people with Autism.

#### **Learner Outcomes:**

As a result of completion of this module, the participant will be able to:

- Identify appropriate indicators to use to signify transitioning.
- Identify ways to enable smoother transitions between activities.

### **Visual Supports PCAS09**

**Course Description**—Functional Communication and Visual supports are effective instructional tools when teaching and supporting individuals diagnosed with Autism. Visual supports organize a sequence of events, enhancing the individual's ability to understand, anticipate and participate in those events. Visual supports supplement verbal instruction, clarifying the information for the student and increasing comprehension. Visual supports can be used to cue communication, providing reminders of what to do and say in a situation.

**Learner Outcomes:**

As a result of completion of this module, the participant will be able to:

- Explain what visual supports are, and how they are used.
- Demonstrate understanding of the goal of visual supports.
- Identify the different types of cards that can be used, and the purpose of each.
- Recall what you need to remember when creating visuals.

**Working with Individuals with HFA and Asperger's PCAS10**

**Course Description**—Is there a difference between Asperger's syndrome and High-Functioning Autism (HFA)? This question continues to challenge those who work in the sector and is debated at all levels. Generally, the two terms are used almost interchangeably. In part, we may be able to determine the answer to the question by looking at the reasoning behind how the terms came to exist. This course will look at the differences between Asperger's and HFA.

**Learner Outcomes:**

As a result of completion of this module, the participant will be able to:

- Identify the differences between Asperger's syndrome and high functioning Autism.
- Recall the signs and symptoms of Asperger's syndrome and high functioning Autism.
- Describe how Asperger's syndrome and high functioning Autism are diagnosed and tested for.

**Establishing Yourself as an Effective Interventionist PCAS11**

**Course Description**—This course is designed to assist in developing effective working relationships when working and supporting individuals with Autism. This important first step is often overlooked when supporting individuals with Autism but is critical for success in teaching desirable behaviors and communication skills. The importance of identify meaningful reinforcers and building motivation are reviewed. In addition, strategies for increasing the individual's responsiveness to your instruction are covered to promote success in your efforts.

**Learner Outcomes:**

As a result of completion of this module, the participant will be able to:

- Identify the elements to effectively support individuals with Autism as an interventionist.
- Identify the primary objective of behavioral intervention.
- Identify the behavioral characteristics of Therapeutic Alliance.
- Explain how to identify reinforcers and use them to establish an effective working relationship.
- Recall what you need to remember when implementing pairing procedures.
- List what is required for providing effective instructions.
- Explain the purpose and use of errorless learning and maintenance tasks.

**Using Pivotal Response Training to Teach Social-Communication and Play Skills in Children with Autism – An Introduction to Pivotal Response Training PCAS12**

**Course Descriptions**—This course is designed to assist practitioners and behavioral service providers in developing the basic skills for implementing Pivotal Response Training (PRT) to teach children with Autism in the context of play. An overview of the basic components of PRT is provided along with guidelines for

building child motivation and establishing teachable moments within play routines to promote the development of new skills.

**Learner Outcomes:**

As a result of completion of this module, the participant will be able to:

- Compare and contrast the differences between traditional structured methods and naturalistic methods of teaching individuals with Autism that influenced the development of PRT.
- List and describe the components of Pivotal Response Treatment that target motivation.
- Describe what a pivotal behavior is.
- Identify the four empirically supported pivotal behaviors?
- Distinguish between good and poor examples of the components of PRT
- Identify and describe the three main prompting strategies used in PRT.

## **Improving Social Interactions among Children with Autism and their Peers through Pivotal Response Treatment – Advanced Pivotal Response Training PCAS13**

**Course Descriptions**—This course is designed to expand upon the skills of practitioners already familiar with Pivotal Response Training. Specific Pivotal Response Treatments are reviewed that focus on expanding social initiations in children with Autism such as learning to ask questions (e.g., what, where, and who) and making requests to participate with their peers. Practitioners will find this course particularly helpful for facilitating interactions in social routines within the classroom and on the playground to better support children with Autism.

**Learner Outcomes:**

As a result of completion of this module, the participant will be able to:

- Recall the main points that make up Pivotal Response Treatment.
- Identify the different levels of play.
- Describe how to teach play skills using PRT.
- Define Joint Attention.
- Identify the three major types of behavior that regulate communication and social interaction.
- Explain the purpose of teaching Initiating Joint Attention.
- Describe how to teach Joint Attention.
- Explain the purpose of teaching self-initiations.
- Describe how to teach self-initiations.
- Identify the purpose of cooperative arrangements.
- Explain what mutually reinforcing activities are for.
- Describe how to teach cooperative arrangements.

## **Individual Rights and Informed Consent PCAS14**

**Course Description**—This course has been designed to inform you about the rights of individuals. Human rights are the basic rights that people have in all aspects of their lives, and it is important for teachers and instructional aides to recognize and support these rights when working with their students. Case studies are used throughout this course to emphasize behaviors that violate the individual's rights, and inform you on how to effectively resolve any problems that you encounter. This course also contains information about informed consent, and will help you to understand some of the different needs that people have.

### **Learner Outcomes:**

#### **Module 1 – Individual's Rights: Overview**

Competencies for this module are:

As a result of completion of this module, the participant will be able to:

- Demonstrate an understanding of human and individual rights
- Identify reporting requirements in relation to abuse of rights

#### **Module 2 – Individual Rights: Case Studies**

Competencies for this Module are:

As a result of completion of this module, the participant will be able to:

- Explain the rights that everyone is entitled to by law.
- Identify how these rights may be violated.

#### **Module 3 – Raising a Concern**

Competencies for this Module are:

As a result of completion of this module, the participant will be able to:

- Identify times when you need to raise any concerns.
- Explain what to do when you do raise a concern.

#### **Module 4 – Informed Consent**

Competencies for this Module are:

As a result of completion of this module, the participant will be able to:

- Explain what constitutes informed consent.
- Identify why informed consent is important.
- Recall the issues surrounding informed consent.
- Identify capacity issues some people may have when giving consent.

## **Recognizing and Reporting PCAS15**

**Course Description**—Working and supporting individuals with disabilities can be challenging, very rewarding but also frustrating. This course covers mandated reporters, types of abuse and neglect, and what you should do if you witness or experience some form of abuse.

### **Learner Outcomes:**

#### **Module 1 – What is Abuse?**

Competencies for this module are:

As a result of completion of this module, the participant will be able to:

- Identify mandated reporters and their responsibilities
- Explain what is meant by the terms "abuse" and "neglect", and examples of each
- Identify issues that should be reported
- Explain the process for addressing these issues when writing a report

#### **Module 2 – Identifying Abuse**

Competencies for this module are:

As a result of completion of this module, the participant will be able to:

- Identify signs that can help in identifying child abuse

- Identify signs that can help in identifying dependent adult and elder abuse
- Identify sign that can help in identifying domestic and spousal abuse

## **Cultural Competency PCAS16**

**Course Description**—As clinicians, it is important to put considerable effort into developing Cultural Competence when working with clients. This means examining our biases and prejudices, developing cross-cultural skills, searching for role models, and spending as much time as possible with other people who share a passion for Cultural Competence. This course will give you an introduction to the main concepts of Cultural Competency, and what is required to become culturally competent.

### **Learner Outcomes:**

#### **Module 1 – What is Cultural Competency?**

Competencies for this module are:

As a result of completion of this module, the participant will be able to:

- Identify the history of Cultural Competency
- Define Cultural Competency
- Explain why we need Cultural Competency

#### **Module 2 – Becoming Cultural Competent**

Competencies for this module are:

As a result of completion of this module, the participant will be able to:

- Identify the factors that make up Cultural Competency
- Explain what is encompassed by diversity
- List vital elements for interacting and using Cultural Competency
- Understand what a caregiver should be able to do with Cultural Competency

#### **Module 3 – Interpersonal Communication with Students and their families**

Competencies for this module are:

As a result of completion of this module, the participant will be able to:

- Understand the importance of interpersonal communication.
- Describe the six steps to improving interpersonal communication with students and their families.