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Relationship Development Intervention (RDI®) Information and Services for In-Office Consulting

Beginning Relationship Development Intervention (RDI®)

Thank you for your request for information about Relationship Development Intervention®. RDI® is a highly effective, parent-driven program for remediating the core deficits of autism. You can expect to see significant improvements in your child's ability to interact with you, think and solve problems independently, and develop the flexibility needed to cope with life's challenges.

An RDI home program addresses quality of life for your whole family. Your child's program will be given careful attention only after you have taken steps to prepare. Your success in implementing this approach depends on several factors. First of all, it is essential that you become familiar with RDI® principles. This may be accomplished in one or more of the following ways: a) attending one of Dr. Steven Gutstein's workshops--the 4-day parent training in particular offers optimal preparation. Please visit: www.rdiconnect.com for a workshop schedule. b) online learning, available through the RDIos. This is available at a subscription fee, payable to the Connections Center, and may only be accessed through an RDI consultant. c) reading The RDI Book, by Dr. Steven Gutstein, available through www.rdiconnect.com, which describes the RDI program. Other related RDI books available from the website may be useful as well. d) viewing Dr. Gutstein's 5-hour introductory DVD, Going to the Heart of Autism: Relationship Development Intervention.

Additional resources for learning and preparation may be useful. Please check with your consultant regarding recommended resources and availability. Paid subscription to the RDIos and completion of all e-learning courses are required prior to beginning your RDI home

program. Developing an RDI home program is accomplished in two phases, with an option for continued follow-up services for as long as desired.

Phase I: Parent Education

All new clients begin with Phase I, which focuses on learning the key RDI concepts, applying them, and making important modifications to your family lifestyle that will support successful implementation of your RDI home program. This phase of treatment is customized to your level of understanding and your family's individual needs. You will be given meaningful assignments that will allow you to see progress in yourselves as parents and practice modifications in areas such as communication with your child. In addition, you can expect to become comfortable with using online technology, our primary method of tracking and communicating regarding your family's progress. Once this phase is complete, we will progress to the assessment and ongoing consultation phase.

Phase II: The Relationship Development Assessment (RDA) & 6-Month Treatment Program

The RDA consists of 25 or more hours of service, as follows (all times are approximate):

Administration of the RDA

First session: 1-2 hours, each parent and child spends 30-40 minutes being videotaped while interacting and being guided through a series of playful activities. You will be instructed in advance about any materials you may need to provide.

Next session: 1 hour, child only. I work alone with your child, using some of the various activities from the first session, practicing some of modifications that I believe may be effective in addressing your child's specific RDI objectives.

Plan Review: This may involve one or more sessions amounting to approximately 2-4 hours, and may include your child with each parent, schedule to be determined. The goals include presenting the treatment plan, practicing some of the important components that will become part of your child's RDI home program, demonstrating some of the RDI methods you may be using, clarifying the concepts for better understanding through demonstration, and discussing your treatment plan and goals, objectives and strategies in depth. There should be ample time to answer all of your questions about your child's home program.

The planning session(s) may include: Parent meetings, involving parents individually, together and including the child as directed by the consultant. A home visit may be offered as part of this phase if desired. You will receive a treatment plan before we end the assessment, and we will schedule our first follow-up consultation.

After the Assessment:

Your RDIos homepage will be updated within a few days. You will be receiving DVDs of the feedback and work sessions of the RDA within a few weeks. A brief written report will also be provided. Your next consultation appointment will likely take place within a couple of weeks.

Ongoing Consultation:

Over the next six months clinical sessions will be scheduled at a regular time, if preferred. Two live sessions are scheduled each month for a total of 12, one hour sessions. Homework assignments and a work product, such as a video clip, are typically expected each session.

Fees

Phase I: Parent Education & RDI Program Preparation (Pre-Assessment Parent Training Package) Package A includes:

- 2-3 months parent training and preparation for the RDI assessment and home program (see RDI Options sheet for full description)

Phase II: RDI Assessment & 6-Month Treatment Program (Relationship Development Assessment-RDA) Package B includes:

- RDI assessment (see RDI Options sheet for full description)
- A specially designed RDI home program customized for your child & family
- Report and treatment plan
- DVDs or tapes of RDI training sessions with you and your child
- 12 follow-up consultations (via telephone, video tape, and/or email) to review your progress after the home visit

Payment may be made by credit card (Visa or MasterCard), check or money order. Most health insurance plans will pay for portions of Package A and B. Please ask for discount details if this applies to you.

Phase III: Maintenance Package C: This Package is available only to families upon successful completion of Phase II, to extend services at a discounted rate. It includes exactly the same services as Package B.

Discounts are available when purchasing packages together and when paying in full. Insurance is accepted, credit cards are accepted and payment plans are available.

Tips for Preparing for Your Visit

- If you have other children, it may be useful to arrange child care, so as not to distract you from getting the most out of your child's assessment. If you are a non-local family attending a two- or three-day assessment, please discuss any concerns regarding child care in advance of scheduling your assessment.
- It is not advisable to invite other therapists and caregivers with the intention of training them as your RDI assistants. Please check with me in advance before inviting anyone else to the assessment.
- As previously described, please send your completed intake form and copies of your child's developmental evaluations in advance of your first appointment.
- It is suggested to have snacks and any comfort items available, to insure the best representation of your child's interaction skills.
- If you would like suggestions for preparing your child for the first assessment session together, please ask.
- On the day of your child's appointment, if you have concerns about your child's ability to participate fully, due to illness, overwhelm, anxiety, or for any other reason, please discuss this with me.

Please call or email me for more information or to schedule an appointment. I look forward to working with your family.

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