

# Parent Training for Disruptive Behaviors and the RUBI

## Parent Training Program:

### A One-Day Workshop for ABA Practitioners

with Dr. Karen Bearss and Connections Behavior Planning & Intervention

Friday, March 22 2019, 8:30 – 4:30 - Green River Community College, Auburn, WA

\$150, includes 7.0 BACB Type-II CEU's!!

### **Event Information:**

**Instructors:** Dustin Dixon, MEd, BCBA (ACE Provider), and Dr. Karen Bearss

**Event Date:** Friday, March 22, 2019

**Time of Event:** 8:30 – 4:30 (1-hr break for lunch)

**Event Location:** Green River Community College: 12401 SE 320th St, Auburn, WA 98092

**Number of Type-2 CEU's earned:**

- Day 1: 7.0 CEU's

**Cost to Attend:** \$150 (includes registration, and 7.0 BACB Type-II CEU's). For CEU's, attendees must be present for the entire workshop – partial CEU's are not offered!

Coffee and Refreshments provided at the event. **Lunch is not provided** – one hour break will be allowed for participants to get lunch.

### **About the Presenter:**



#### **Dr. Karen Bearss, PhD**

Karen Bearss is Assistant Professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington. She earned her B.S. in Psychology as well as her M.S. and Ph.D. in Clinical Psychology at the University of Florida. Prior to joining the UW community, she served as an Associate Research Scientist at the School of Nursing and Child Study Center at Yale University and Assistant Professor at Emory University where her work focused on parenting interventions for children with disruptive behaviors, as well as the dissemination and implementation of evidence-based treatments into community mental health centers. At UW, she works at the Seattle Children's Autism Center where she continues to focus on developing, evaluating and implementing evidence-based parenting interventions for children with autism spectrum disorder (ASD).

## About the Event

Autism spectrum disorder (ASD) is a chronic neurodevelopmental condition of early childhood onset characterized by social communication deficits, restricted interests, and repetitive behaviors. In addition to the defining features, as many as 50% of children with ASD exhibit behavioral problems, including tantrums, noncompliance, aggression, and self-injury. These behaviors interfere with the performance of daily living skills, limit the child's ability to benefit from educational services, and may increase social isolation. Uncertainty on how to manage these behavioral problems may also amplify caregiver stress. The challenges parents face in raising a child with ASD has sparked interest in the use of parent training (PT) in this population, as it empowers parents to be the agent of change for their child. As a result, PT programs targeting a wide range of skills and abilities in ASD are emerging as effective. The Research Unit on Behavioral Interventions (RUBI) Autism Network developed a manualized parent training program specifically for families of children with ASD and co-occurring disruptive behaviors. The program utilizes techniques grounded in Applied Behavior Analysis to teach parents how to manage their child's behavioral problems. We conducted a series of studies on the RUBI-PT program and found that it is acceptable to parents, can be reliably delivered by trained therapists, and reduces children's noncompliant and disruptive behavior. Because it is a time-limited intervention (11-13 weekly outpatient visits), this PT program can be implemented in a range of settings, including clinics and schools. The purpose of this workshop is to provide a greater understanding of the prevalence, impact, and treatment of disruptive behaviors in ASD and how parent training is a promising line of treatment for these challenging behaviors.

Connections Behavior Planning & Intervention, LLC, is a BACB-Approved ACE Provider (Provider #: OP-17-2781).

The BACB does not directly sponsor or endorse this event, its speakers or its content.



Seats are LIMITED, so grab yours while they're hot!

To register, please refer to the 'Continuing Education' page at the CBPI, LLC website:

<http://www.connections-behavior.com>

For more information, questions, or requests for accessibility accommodations, please email Dustin Dixon at [continuingeducation@connections-behavior.com](mailto:continuingeducation@connections-behavior.com)

## RUBI Network Parent Training: Learning Objectives

Upon completing this workshop, participants will

1. Describe the rationale for parent training (PT) as a front-line treatment for children with ASD
2. Compare the various types of PT for children with ASD, including current research findings
3. Describe content and delivery of the RUBI-PT program for children with ASD and co-occurring disruptive behaviors
4. Summarize findings from a large-scale randomized clinical trial of the RUBI-PT intervention
5. Describe novel applications of RUBI-PT using telehealth and group delivery formats
6. Describe implementation of RUBI in clinical settings, including case examples

### Relevant Readings

1. Bearss K, Johnson C, Handen B, Smith T, Scahill L. A Pilot Study of Parent Training in Young Children with Autism Spectrum Disorders and Disruptive Behavior. *J Autism Dev Disord.* 2013 Apr;43(4):829-40.
2. Bearss K, Lecavalier L, Minshawi N, Johnson C, Smith T, Handen B, Sukhodolsky D, Aman M, Swiezy N, Scahill, L. Toward an exportable parent training program for disruptive behaviors in autism spectrum disorders. *Neuropsychiatry (London).* 2013 Apr;3(2):169-180.
3. Bearss K, Burrell L, Stewart L, & Scahill. Parent training in autism spectrum disorder: What's in a name? *Clin Child Fam Psychol Rev.* 2015 Jun;18(2):170-82.
4. Bearss K, Johnson C, Smith T, Lecavalier L, Swiezy N, Aman M, McAdam DB, Butter E, Stillitano C, Minshawi N, Sukhodolsky D, Mruzek DW, Turner K, Neal T, Hallett V, Mulick JA, Green B, Handen B, Deng Y, Dziura J, Scahill L. Effect of parent training versus parent education on behavioral problems in children with autism spectrum disorder: a randomized clinical trial. *JAMA.* 2015 Apr 21;313(15):1524-33.

**Manual (available through [www.rubinetwork.org](http://www.rubinetwork.org)) - AVAILABLE FOR PURCHASE AT THE EVENT**

Bearss K, Johnson C, Handen B, Butter E, Lecavalier L, Smith T, Scahill, L. (2018). *Parent Training for Disruptive Behavior: The RUBI Autism Network [Clinician Manual]*. New York, NY: Oxford University Press.