



# UC Davis MIND Institute ESDM Training Program

## PARENT COACHING PROGRAM (P-ESDM)

### OVERVIEW

In parent delivered ESDM (P-ESDM), parents and therapists use the book written for parents, *An Early Start for Your Child with Autism: Using Everyday Activities to Help Kids Connect, Communicate, and Learn* by Sally Rogers, Geraldine Dawson, and Laurie Vismara. Teaching parents to use some of these practices has been part of the Denver Model since its beginnings in the 1980's. However, the evolution of the Early Start Denver Model (ESDM), and its ties to Pivotal Response Training as well as the Denver Model, have resulted in a much more rigorous and well-studied approach to parent implementation than existed previously. We have also developed The Coaching Parent in ESDM manual, by Sally J. Rogers and Laurie Vismara (not yet published), which describes our current practices in supporting parents to incorporate the Early Start Denver Model (ESDM techniques) into their everyday routines with their young children with ASD. The work described in these manuals has evolved over the past almost 10 years as a result of the work conducted by Geraldine Dawson and Sally Rogers on the original ESDM study (Dawson et al, 2010), as well as a number of studies on parent-implemented ESDM that Drs. Rogers and Vismara conducted at the University of California Davis MIND Institute, and multisite work conducted in collaboration with Drs. Geraldine Dawson, Annette Estes, and Catherine Lord. While the work is still evolving, what is described here contains the most recent innovations we have incorporated into our studies. Future studies and clinical experiences with families will bring additional revisions and improvements, but with seven published studies now in the literature, more studies in progress, and with constant requests from others for training in P-ESDM, it is time to share what we have developed thus far. The Parent Coaching Program provides an opportunity for therapists to build skills in teaching parents about ESDM methods, based on the published parent manual.

Training methods for Parent Coaching have recently been merged into the larger process for becoming a trainer. Parent coaching workshop attendance and acceptable performance must now occur before a trainee is accepted as an apprentice. Trainees are not currently required to have completed Parent Coaching Certification, but this will be a requirement in the future for Trainers. All



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Parent Coaching workshops and certification currently occur with the UCD ESDM Training Program. We provide separate parent coaching workshops at the UC Davis MIND Institute, every winter and summer (January/February and August each year) in order to allow current Trainers adequate time and methods to advance with this newly added portion of the overall training process. These workshops are open to all Certified Therapists (who have practiced ESDM for at least six months).



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## PARENT COACHING WORKSHOP

The UC Davis MIND Institute ESDM Training Program extends an invitation for currently Certified Therapists to participate in upcoming ESDM Parent Coaching Workshops. Workshops will take place twice a year at the UC Davis MIND Institute.

**Please Note:** To enroll in this workshop you must have practiced as an ESDM certified therapist with a variety of children for six months prior to this enrollment.

Our training program will continue to offer Parent Coaching Workshops twice a year. We encourage all who meet requirements to apply to upcoming workshops. All workshops, including the Parent Coaching Workshops, are posted with a link to our application on the MIND Institute website.

Once an individual has attended the workshop, he or she has the option of applying for Parent Coaching supervision and certification. Any individuals who have already attended the workshop may now apply for Parent Coaching certification supervision. If interested, email us and we will send the **Parent Coach Certification Supervision Action Plan** and costs from our current fee schedule.

We post a current list of certified ESDM Parent Coaches to our website.

The current cost for the Parent Coaching Workshop is (see current fee schedule) which includes:

- Pre-Workshop Learning Activities (Self-Instructional Curriculum & Materials)
- Unpublished Parent Coaching Manual (electronic version will be provided)



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- 3-Day Parent Coaching Workshop (Didactic & Experiential Onsite Learning)
- Certificate of Attendance for the ESDM Parent Coaching Workshop

**Please Note:** Cost of the Parent Coaching Workshop does **NOT** include post-workshop Parent Coach Certification Supervision phase of training. After completing the workshop, individuals may register for the long-distance supervision towards mastery, maintenance and generalization of methods, which culminates in ESDM Parent Coach Certification.

Anyone interested in applying for the next workshop may access the application on our website (under workshop offerings) to be directed to our **ESDM Parent Coaching Workshop Application**. Applications may be submitted any time for next available workshop.

Questions about the application process or the Parent Coaching workshops can be directed to our program email at [esdmtraining@ucdmc.ucdavis.edu](mailto:esdmtraining@ucdmc.ucdavis.edu).



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## Parent Coach Certification Supervision Action Plan

The following outlines post-workshop activities for those individuals who choose to continue with certification supervision:

**\*\*\*PLEASE NOTE: Parent Coach Trainees have a maximum of one year from the time of supervision start to complete their certification.**

Phase	Activity	Evaluation	Timeline
<b>Application</b>	Apply for supervision at link:  <u><a href="#">Parent Coaching Certification Request Form</a></u>  Or by contacting <u><a href="mailto:esdmtraining@ucdmc.ucdavis.edu">esdmtraining@ucdmc.ucdavis.edu</a></u> <u>to receive link by email.</u>	Trainee must have practiced Parent Coaching for at least 6 months (after workshop), with a minimum of 3-4 families, before applying for certification supervision.	Minimum of 6 months after Parent Coaching Workshop participation  Acceptance Date: _____
<b>Step One:</b>  <b>Practice Case Curriculum, Objectives &amp; Video</b>	Submit to Trainer: <ul style="list-style-type: none"> <li>• One Curriculum Checklist with 10-12 family-friendly written objectives</li> <li>• One video* of P-ESDM coaching (session 4 or 5) to include Activity 1 &amp; Activity 2 from the “Coach’s Session Plan” (60 min)</li> <li>• <i>Self-coded fidelity score sheet from the video demonstrating 80% or better performance</i></li> </ul>	Trainer will arrange a video conference with the trainee to provide feedback within 4 weeks of receiving materials.  Trainer will score your video based on Activity 1 & Activity 2 from the “Coach’s Session Plan”	Must be sent within a maximum of 3 months after acceptance and being assigned to Trainer.  Due Date: _____



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Phase	Activity	Evaluation	Timeline
<b>Step Two:</b>  <b>Official Submission</b>	Submit to Trainer:  One 60-minute video* recorded sample of a P-ESDM coaching session. Your scoring of the parent's fidelity in use of P-ESDM techniques across teaching activities from the video recorded sample <ul style="list-style-type: none"> <li>• Self-rated fidelity of P-ESDM coaching skills for the video recorded sample</li> <li>• Completed curriculum checklist, child objectives, teaching steps, and datasheet.</li> </ul>	Trainer will provide feedback within 4 weeks of receiving materials.  Trainer will score video using the ESDM Coaching Fidelity Rating System and provide feedback. Trainee will demonstrate at minimum a score of 80% fidelity across all videotaped activities.  <i><b>Note:</b> If trainee meets fidelity and deadlines for first two submissions above, certification requirements are met and Step 3 can be skipped.</i>	Maximum of 3 months after completing Step One of Action Plan.  Due Date: _____



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Phase	Activity	Evaluation	Timeline
<b>Step Three:</b>  <b>Official Submission</b>	<p>Note – make all changes suggested under step 2 in all columns.</p> <p>Submit to Trainer:</p> <ul style="list-style-type: none"> <li>• One 60-minute video* recorded sample of you coaching a parent in the ESDM</li> <li>• Your fidelity scores on parent’s ESDM usage across teaching activities from the videotaped sample</li> <li>• Self-rated fidelity of ESDM coaching skills throughout the videotaped sample</li> </ul> <p>Child completed curriculum and objectives, teaching steps, and data systems.</p>	<p>Trainer will arrange a feedback session within 4 weeks of receiving the materials.</p> <p>Trainer will score with the Fidelity Rating System and provide feedback. Trainee will demonstrate at minimum a score of “80% fidelity across all videotaped activities.</p>	<p>Maximum of 3 months after completing Step Two of Action Plan.</p> <p><b>Step Three must also be submitted within 2 years of beginning Supervision.</b></p> <p>Due Date: _____</p>
<b>Parent Coach Certification</b>	<p><i>If trainee has achieved the ESDM fidelity standards</i> on paperwork and video materials as required, P-ESDM Certification has been met. ESDM Training Program Staff will send your certificate and add your name to list of certified P-ESDM Providers on website.</p> <p><i>If trainee has NOT achieved the ESDM fidelity standards</i> as required, there may be an option to re-submit materials at an additional charge. This is at the discretion of the</p>		



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