



GoCarer

Pivotal Response
Treatment Programme

Building happier, healthier and more independent
lives for children on the autism spectrum

www.gocarerprt.com

GoCarer PRT Programme

What is Pivotal Response Treatment?

Pivotal Response Treatment (PRT) is a highly acclaimed behavioural therapy for children on the autism spectrum, originating from America. PRT targets children's 'pivotal areas' of behaviour and motivation, and its primary goals are to help improve a child's social communication and language skills. Some recent research also show PRT can help reduce disruptive behaviours, as well as anxiety. PRT is one of the few evidence-based interventions for autism.

How is PRT different from Applied Behaviour Analysis?

Unlike Applied Behaviour Analysis (ABA), PRT values each child's unique strengths and interests. Our PRT programme engages your child's motivation by using games and activities tailored to his or her interests, and use that motivation to help them focus on learning how to socially interact and communicate with other people.

We understand that your child is working hard towards their goals, but often needs more than one attempt. PRT values every attempt your child makes, to ensure they stay motivated to reach their target every step of the way.

Clinical results

PRT primarily targets the child's social communication skills⁽¹⁾ reductions in both restrictive and repetitive behaviour⁽⁵⁾. Research studies from leading institutions (including Yale and Stanford), have identified positive neurobiological changes in children over the course of PRT^(2, 3, 4). In addition, recent clinical trials have found co-occurring and anxiety⁽⁶⁾ children who have completed robust PRT programmes.

How does GoCarer's PRT programme work

Our PRT programme is suitable for London based families with any children on the autism spectrum, or with developmental delays, aged between 3 – 9 years. All sessions take place at the home or school setting.

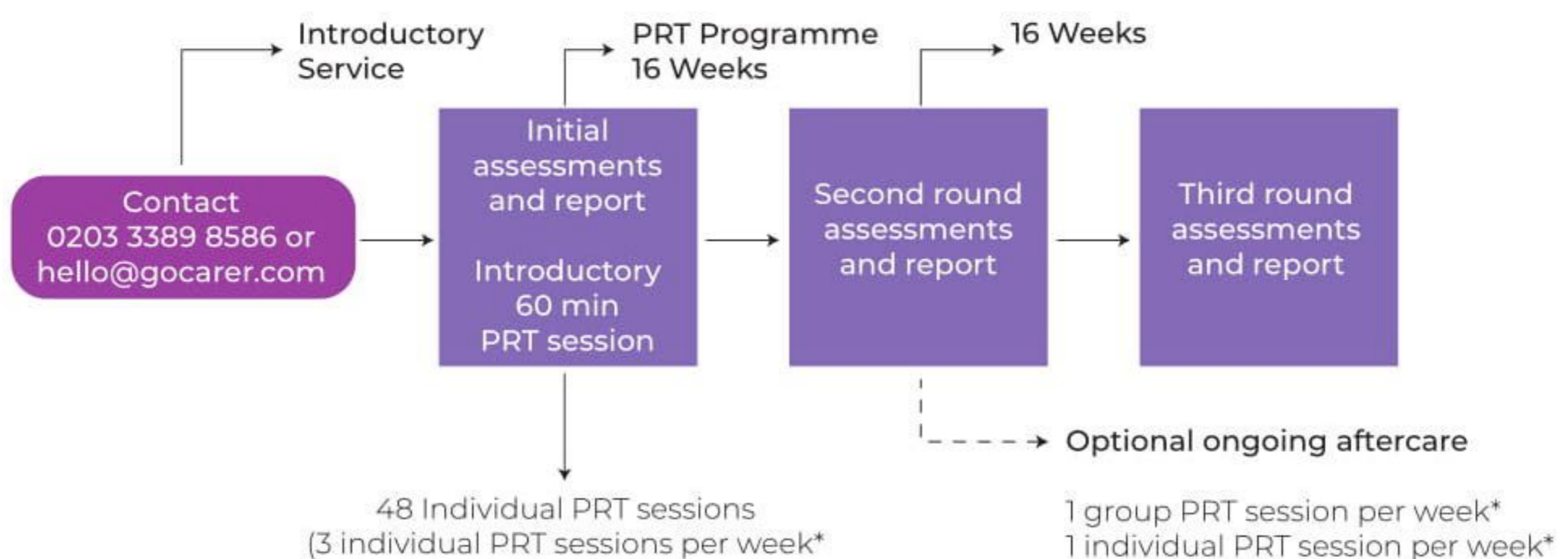
Each programme comprises 3 individual assessments and 48 PRT sessions over a 5 month period. The initial assessment session will measure the child's base level of developmental progress, and allows

our clinicians to gain a better understanding of your child. Through our initial assessment, we can determine if our PRT programme is suitable for your child. Thereafter, the bespoke PRT programme will commence, comprising regular 3 x 1½ hour long sessions per week over the course of 16 weeks. Objectives for the child's development will be formulated in the first 2 weeks.

Your child's progress will be evaluated through a number of clinical assessments at regular intervals, with reports produced showing developmental progress. Upon completion of the programme, we also offer a continuing after-care service comprising both 1:1 and group sessions, which are less intense and designed to build further developmental objectives for your child.

Timeline example

* Each session is 1½ hours



Fees, payment options and programme start date will be discussed at point of client enquiry.

Introductory PRT service

Want to try PRT first? To evaluate if your child can benefit from our PRT programme, we offer an introductory PRT service comprising of developmental assessments, report write-up and introductory PRT session. This can take place with you and your child at your home, at a time that is convenient to you. Please contact us on 020 3389 8596 or email hello@gocarer.com to arrange an appointment.

Why choose GoCarer's PRT programme?

GoCarer is presently the only private UK healthcare service provider to deliver a PRT programme that meets the stringent level of requirements for academic research, resulting from a close collaboration with the Yale Child Study Centre. To ensure that all our

- - - - - = Not included in programme price

clinicians are delivering PRT to the highest standards, we conduct ongoing monitoring their performance on a bi-weekly basis.

The Team

Our PRT programme is practised by a multi-disciplinary team comprising PRT clinicians, speech and language therapist and PRT supervisor. All of our team have enhanced DBS checks in place, are PRT trained, and are taking part in an ongoing research collaboration with the Yale Child Study Center. The Yale Child Study Center is a world-leading institute of innovation in childhood developmental and mental health research.

About GoCarer

GoCarer is a pioneering company that works tirelessly to improve the lives of autistic children and their families. Our mission is to deliver the best evidence-based therapy programmes to families in the UK. Our service was founded by the parent of an autistic child, who is driven to address the widespread lack of effective autism services based on his own experiences. By collaborating with top global research institutions, we ensure that our programmes and services are at the forefront of innovation and performed to the highest standard.

Citations

1. Koegel LK, Ashbaugh K, Koegel RL. Pivotal response treatment. In: Lang R, Hancock TB, Singh NN, editors. *Early Intervention for Young Children with Autism Spectrum Disorder (Evidence-Based Practices in Behavioral Health)* Basel: Springer International Publishing; 2016. pp. 85–112. [cited September 15, 2016] Available from: http://link.springer.com/chapter/10.1007/978-3-319-30925-5_4.
2. Voos AC, Pelphrey KA, Tirrell J, et al. Neural mechanisms of improvements in social motivation after pivotal response treatment: two case studies. *J Autism Dev Disord.* 2013;43(1):1–10.
3. Ventola P, Yang DY, Friedman HE, et al. Heterogeneity of neural mechanisms of response to pivotal response treatment. *Brain Imaging Behav.* 2015;9(1):74–88.
4. Lei, J., & Ventola, P. (2017). Pivotal response treatment for autism spectrum disorder: current perspectives. *Neuropsychiatric Disease and Treatment*, 13, 1613–1626.
5. Ventola PE, Yang D, Abdullahi SM, Paisley CA, Braconnier ML, Sukhodolsky DG. Brief report: reduced restricted and repetitive behaviors after pivotal response treatment. *J Autism Dev Disord.* 2016;46(8):2813–2820.
6. Lei, J., Sukhodolsky, D. G., Abdullahi, S. M., Braconnier, M. L., & Ventola, P. (2017). Reduced anxiety following pivotal response treatment in young children with autism spectrum disorder. *Research in autism spectrum disorders*, 43, 1-7.

For bookings and enquiries:
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