Club 57:
Behavioral Treatment for Adolescents & Adults with High-Functioning Autism at SIUC’s Autism Research & Treatment Center

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Autism Spectrum Disorder:

--impairments in reciprocal social interaction & communication skills

--presence of stereotyped behavior, interests, activities
Prevalence:

--Increased by 600%

over last two decades

--1 in 68 (123% increase

in 8 years)
Intellectual Functioning:

Not just this tail of the IQ distribution.
Some Concerning Findings about Adolescents:

--30% have depression

--48% suspended from school three or more times

--Half experience bullying
Some Concerning Findings about Adults:

--30% have an anxiety disorder;

--26% have depression

--Only 20% work full-time

--1 in 4 adults are socially isolated
Psychological Flexibility:
Psychological Inflexibility:
Psychological flexibility

1. I pay attention to what is happening in the here and now.
2. I don’t have any goals to work toward.
3. I avoid doing things that are hard and inconvenient.
4. I experience great discomfort when my thoughts and feelings are not in line with my goals.
5. My thoughts are all tangled and lead to the same conclusion.

Psychological inflexibility
Acceptance & Commitment Therapy (ACT)

--Targets Psychological Flexibility
--Teaches people to change how they interact with their thoughts, engage in the present moment, and live a “vital & engaged life” that is consistent with one’s values.
ACT is Evidence-Based

• **155 Clinical Trials**
  • Eating Disorders
  • Chronic Pain
  • Traumatic Brain Injury
  • Obsessive-Compulsive Disorders
  • Anxiety Disorders
  • Depression
  • Substance abuse
  • Schizophrenia
  • Work Dissatisfaction
  • PTSD

• **Developmental Disabilities (including ID & ASD; staff and parents)**
  = recent publications
CLUB 57:

- SIUC’s Autism Research & Treatment Center
- Behavioral Treatment Groups for Adolescents & Adults with High Functioning ASD
  - ACT
  - Social Skills Instruction
CLUB 57:

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Kinesiology
Early gross motor and gaze behavior in infants at risk for autism: Potential for early diagnosis

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KINESIOLOGY
Autism Spectrum Disorder (ASD)

- Impairments in social interactions and communication
Autism Spectrum Disorder (ASD)

- Restricted interests and stereotyped or repetitive behaviors
Autism Spectrum Disorder (ASD)

• Postural impairments & Gaze Behavior (Considerably less research)
• Autism diagnosis and treatment is a multidisciplinary team approach

• However evaluation and treatment of motor activity is still evolving

Your child's Total Communication and Social Interaction Score indicate that at the pre-test, your child met the criteria for **Autism**. At post-test, your child met the criteria for **No Dx**.
• Evaluating early **postural movements** and **gaze behavior** in infants at risk for Autism could modify current diagnostic/therapeutic protocols for children with Autism
• Examining posture in babies at risk for Autism

Supine lying on a pressure mat

Sitting posture on a force platform
• Examining preferential looking behavior in babies at risk for Autism
- Provide Evidence through Research

- Early Diagnosis

- Early Interventions

- Physical Therapy