

**A CARLAT PSYCHIATRY
REFERENCE TABLE**

Three Main Categories of Autism Treatment Approaches		
Traditional Behavioral Approaches	Developmental Approaches aka Developmental Relationship-Based Interventions (DRBI)	Naturalistic Developmental Behavioral Interventions (NDBI)
Types of interventions		
Applied behavioral analysis (ABA) Discrete trial training (DTT) Intensive behavioral intervention (IBI)	Developmental individual differences relationship-based approach (DIR/Floortime) Relationship development intervention (RDI) Parent-mediated communication-focused treatment (PACT) Focused playtime intervention (FPI) Responsive teaching (RT)	Pivotal response training (PRT) Early Start Denver Model (ESDM) Joint attention, symbolic play, and engagement regulation (JASPER) Project ImPACT Social communication, emotional regulation, and transactional support (SCERTS)
General description		
Behavioral changes as the result of environmental antecedents and rewards	Child improves when we support pleasurable, developmentally supportive interactions between child and parent	Mix of behavioral and developmental with some shared control between child and parent
Goals of treatment		
Compliance, correct responses on a wide variety of behaviors	Calm and regulated, engagement, reciprocal interactions, shared problem solving, logical and reflective thinking	Calm and regulated, with discrete goals for specific behaviors
Characteristics of treatment		
Therapist directs child while both are sitting Reward for correct response Extinction (ignoring) or replacing a tantrum or repetitive behavior High intensity and time intensive	Parent coaching supplemented with additional staff Following the child's lead, often on the floor Building on the child's responses and adding new concepts rather than judging behavior as correct or incorrect Providing empathy and support during a tantrum	Parent coaching Following the child's lead, often on the floor Giving the child choices, some open-ended play Some forms of NDBI look nearly identical to IBI but with some choices (eg, PRT) while others can look nearly identical to DRBI (eg, Project ImPACT)

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