DIR-Floortime Home Programme

Early intervention support for autistic children

DIR-Floortime is a developmentally sensitive, relationship-based approach developed by Stanley Greenspan, MD and Serena Wieder, PhD. It is a comprehensive treatment model that addresses the individual needs of a child. It is often offered to children on the autistic spectrum and to children with neurodevelopmental differences. The model is evidence based and used by professionals in different fields.

The goals

The main goals of a psychotherapy-informed DIR-Floortime programme:

- Early intervention: DIR supports your child's emotional well-being and development, focusing in particular on social and emotional skills.
- Prevention: helping to prevent children from developing emotional difficulties later in life.
- Healing: DIR helps to process adverse life experiences through shared play interactions between you and your child, therefore healing traumas and areas of distress.

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The therapeutic work addresses three core areas...

Development

Our therapeutic work will be tailored around your child's specific developmental needs in the area of social and emotional functioning. The therapeutic play aims to support children in their ability to regulate their emotional states, engage with others, share and communicate their ideas and feelings, and develop creative, logical and reflective thinking capacities.

Individual differences

In our work we will look very closely at your child's individual sensory processing differences and how to understand them in order to support your child in interacting with others and effectively managing their stress levels and everyday functioning.

Relationship

Together, we will explore and share how to create warm and nurturing relationships that are tailored to your child's unique needs and will help the child move ahead in their development and ability to engage with others.

How can parents benefit from the programme

- better and deeper understanding of their child
- developing deeper emotional connection with their child
- accessing information about how to parent therapeutically
- strengthening their ability to advocate for their children
- gaining better understanding about stress triggers in their child, themselves and in the family system and how to prevent and reduce the stress
- finding new ways of relating with and enjoy being with their child

Benefits for children

- develops children's ability to manage their feelings
- deepens emotional connection
- builds emotional resilience
- develops a better sense of self and other
- develops play and social and communication skills
- heals and aids recovery from traumatic experiences
- builds the ability to self advocate

Parental involvement in the sessions

There are many ways that the programme may be tailored to the individual needs of your child and your family. Usually, parents appreciate and seek support in learning how to reach their hard-to-reach child and how to adjust or expand their interactions to develop and share moments of mutual joy. As such, parents actively participate in the sessions. The therapist offers a reflective presence, gentle guidance and models particular strategies or techniques. Therapists also offer psycho-education and meet with the parents for reflective sessions regularly. Your therapist may also offer one-to-one sessions with your child.

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Floortime

Floortime is a specific form of a child led play that is the core of the therapeutic work. During Floortime we will closely observe, follow and join in your child's interests to bring him/her into a shared world where we create systematic, playful opportunities to help your child achieve the therapeutic goals.

Video Recordings

Regular reflecting on video recordings of our play interactions is one of very valuable tools we use. It is immensely helpful for noticing the particularities of sensory processing and interaction styles of your child as well as the adults around him.

Programme proposal

Every family has a very different palette of needs and our work can be tailored accordingly. The programme starts with an initial assessment period of six weeks, after which the further treatment plan with be discussed with parents.

Useful links

www.icdl.com
www.profectum.com
www.stanleygreenspan.com
www.affectautism.com

Contact us

T: 07900 608608
E: admin@therapeuticconsultants.co.uk
W: www.therapeuticconsultants.co.uk