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## The BAE Family Connection

*"The only way to make sense out of change is to plunge into it, move with it, and join the dance."  
- Alan Watts*

Dear BAE Family,

I hope your days have been filled with laughter, love, and learning. I am sure there have also been times of stress and worry - that is normal, and it is ok. But, as you reflect on the time you are spending with your family, I hope those moments fill you with immeasurable joy.

This past week, I have heard stories of connection and interaction between our clients and their social world. I have been impressed by our clients' response to tele-therapy, and by the work of our team as they have found creative ways to bring ABA to your home. Our team has loved seeing your faces and engaging in learning together.

We don't know how long we will face this health threat that surrounds us. What we do know is that we are not at the end of it yet, and likely won't be for a while. There is so much of this situation that is out of our control, but what we can do is be here for you through it all. We can find new and unique ways to keep the momentum of learning going. Your child's therapy can and should continue in the days and weeks ahead.

Thank you for your patience with us throughout this process.

Wishing you good health in body and mind,

Barbara Endlich, Psy.D, BCBA-D  
Co-Founder, Chief Clinical Officer

# Tele-Therapy Prerequisite Skills

## What skills are needed for tele-therapy to be effective?

The answer to this question depends on the format of your tele-therapy services. There are 3 main types of tele-therapy:

**1 - Consultation/Training with Parent:** whether the consultation is for behavior management or skill development, any individual who has internet and a computer, tablet, or phone can access tele-therapy. Depending on the situation, it may be helpful for the parent to wear a bluetooth earbud so that the instruction can be private.



**2 - Parent-Mediated Direct Tele-therapy:** the behaviorist works direct with the client through a live video connection, while a parent, caretaker, older sibling, or other household member assists in delivering reinforcement contingencies, providing prompting and redirection, and addressing any behaviors that occur. A client requiring a more hands-on approach would benefit from this model.

**3 - Direct Therapy via Telehealth (Direct Tele-Therapy):** in this format, the client is able to interact independently with the behaviorist over a live video connection. The parent may need to assist with setting up the video call and may be needed at various points throughout the session, but continuous involvement is not needed.

Direct Tele-therapy requires the following skills for it to be most effective:

- Able to remain seated and attend during live video interaction for at least 10-15 minutes at a time prior to needing a break.
- Able to follow simple instructions, such as "sit down" and "go get your mom", as well as able to participate meaningfully in skills training.
- Responds to name with looking and looks at the screen when cued.
- Able to imitate simple actions or words.
- Able to participate in instruction presented via video without interfering behaviors such as swiping to a different screen.
- Able to be easily directed with verbal prompts and instructions.
- Motivated by social praise and interaction, or by a digital token board.

In the upcoming days, we will be having these conversations with each of you to determine what the best format is for your child's tele-therapy. It may be that a combination of the various options is the best fit for your family. Our team will guide you through this discussion to customize your tele-therapy services.