



## Clinical Services Provided by the Virginia Tech Autism Clinic

The Virginia Tech Autism Clinic (VTAC) offers a variety of clinical services to children and adults with Autism Spectrum Disorders (ASDs). We provide comprehensive diagnostic evaluations, consultation services, individual counseling and intervention, social groups, and Pivotal Response Treatment. A licensed clinical psychologist supervises all clinical work, which is conducted by doctoral level graduate clinicians. For more information about any of our services, or to schedule an appointment, please contact our clinic.

### Diagnostic Evaluations

Our clinic provides diagnostic evaluations of Autism Spectrum Disorders for infants, children, adolescents and adults. Diagnostic evaluations include a standardized parent interview, a standardized observation measure, and cognitive or developmental assessment. We can also provide psychological and psycho-educational assessment (cognitive, memory, achievement, and attentional and emotional testing), neuropsychological testing, learning disability assessments, and attention-deficit/hyperactivity disorder (ADHD) assessments. The primary goals of the comprehensive evaluation are to determine diagnosis, assess developmental skills, and obtain a complete understanding of the child in order to provide recommendations for treatment and service planning. The entire evaluation typically consists of nine hours divided over three appointments.

### Consultation

Our staff and faculty are available to consult with parents and schools about educational accommodations and coping with academic difficulties related to ASDs. We also provide education and training about ASDs to community professionals and health providers, including information about early detection and intervention. We can provide information to your school, work setting, mental health organization, health agency, or parent/teacher group.

### Intervention Services

Clinicians at VTAC provide a range of intervention services including individual counseling and intervention, social skills groups and playdates, stress and anger management groups, and Pivotal Response Treatment training.

**Individual Counseling & Intervention** services are focused on developing behavioral, emotional and social skills. Children, adolescents and adults often benefit from individual skills training. Individual services are intended to increase the ability to function successfully and adaptively at home, in the community, school or workplace. Many individuals with ASDs may benefit from individual psychotherapy targeted at developing satisfying and stable social relationships, coping with anxiety and anger, and social problem solving.

**Social Skills Groups and Playdates** are offered to provide opportunities for children and adolescents to improve their social skills with peers. Groups are offered for a variety of ages and ability levels, addressing skill building in a variety of areas including conversation, perspective-taking, sharing interests, and nonverbal interaction (e.g., eye gaze and attention). When groups are not appropriate, we can also facilitate playdates between the child and a friend to promote socialization. **Stress and Anger Management Program (STAMP) Groups** target skills including emotion understanding and regulation, anxiety, anger, and behavior problems. Our group meetings consist of brief skill instruction and practice followed by fun, interactive activities. Activities are chosen to be enjoyable, age-appropriate, and interesting, but also to provide group members an opportunity to practice what they are learning in a more natural way. Our groups change regularly, so please contact our clinic to find out more about the groups currently offered.

**Pivotal Response Treatment (PRT)** uses behavioral strategies to target core areas of intervention in ASDs, such as motivation, to produce widespread improvement in communication, social interaction, and behavior. Intervention services are provided through a parent education model, in which the parent is considered to be one of the primary agents for intervention. The primary goal is to provide parents with an empirically validated approach that can be used throughout the day. PRT techniques are used for language, communication, socialization and behavior problems. These techniques can be implemented at home, at school and in the community – wherever the child goes. PRT typically consists of an initially intensive period of intervention (usually approximately 25 hours, across several weeks), followed by booster or maintenance sessions.

### **Fee Information**

VTAC operates on a fee-for-service basis, with a fee scale that adjusts depending on your individual or family financial situation. We do not accept third-party payers as a form of payment, but can assist clients with paperwork for their own reimbursement when approved. Our standard fee is \$50 per hour, but our scale adjusts to a minimum of \$3 per hour for clients with significant financial hardship or extremely limited incomes. Our standard fee for a Diagnostic Evaluation for Autistic Spectrum Disorders is \$500 but is also based on a fee scale that adjusts depending on your individual financial situation. Other Assessments are set on an individual basis depending on the testing protocol that will be used. Our fees are generally less than half of the usual and customary fees charged by private practitioners, hospitals, or health agencies. We will work with you to find a fee that meets your financial needs, so please contact us if you would like to discuss your specific situation.

### **To Contact Us**

For more information, to schedule an appointment, or for questions about services at VTAC, please contact us:

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