
VTAC Clinical Services Training & Research

Providing Assessment,
Treatment, and
Consultation Services
for individuals with
Autism Spectrum
Disorders

Virginia Tech Autism Clinic

Virginia Tech Autism Clinic, VTAC offers a variety of services to children, adolescents and adults with Autism Spectrum Disorders (ASDs), and their families. Our mission is to provide cutting edge clinical services based on empirically supported treatment strategies, to increase knowledge and awareness about autism among the professional community and general public, and to conduct quality research.

Through our *clinical services*, we offer comprehensive diagnostic evaluations, consultation services, individual counseling and intervention, social groups, and Pivotal Response Treatment.

Professional *training* opportunities are provided through our doctoral training program in clinical psychology. We also provide outreach and educational training opportunities for community professionals and service providers.

Our *research* focus provides children, parents, and service providers with the opportunity to participate in the development of effective evidence-based treatment techniques by taking part in studies designed to understand the causes, prevention, and interventions for ASDs.

How do I get started?

For new clients, please contact our clinic by calling either **540-231-2053** or **540-231-6914**, or by emailing us at **autism@vt.edu**. After an intake interview, a packet of information will be sent to you to review and complete. Once we receive the completed paperwork, your child will be placed on the waiting list for services.

Where is the clinic located?

VTAC is part of the psychology department of Virginia Tech. We are based at the Psychological Services Center, located off campus, on Prices Fork Road in Blacksburg.

Virginia Tech Autism Clinic



3110 Prices Fork Road
Blacksburg, VA 24061

PHONE: 540-231-2053
FAX: 540-231-4250
EMAIL: autism@vt.edu

WEBSITE:

www.psyc.vt.edu/centers/psc/clinics/autism/



*Committed to helping individuals
with autism, and their families,
access treatment services.*

Clinical Services Provided by VTAC

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

Individual Therapy

Individual 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

Groups 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 your child and a friend to promote socialization.

Stress & 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, and to provide an opportunity to practice what is learned in a natural way.

Please note, our groups change regularly, so contact our clinic to find out more about the groups currently offered.



Pivotal Response Treatment

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. Our fees are generally less than half of the usual and customary fees charged by private practitioners, hospitals, or health agencies.

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