

**ARE YOU STRUGGLING TO CONNECT  
WITH YOUR CHILD WITH AUTISM?**

# **Join us for online parent training!**

Mindful Guide Consulting is now offering online parent training courses for parents who are looking to strengthen their relationship with their child.

**Our online parent training course will help parents:**

- Understand their critical role in parenting their loved one with autism
- Become educated on autism based on current research
- Become inspired, empowered and encouraged to embrace the journey ahead of them!



# Meet Your Facilitator: Lisa Palasti

RDI DIRECTOR OF CANADA, CEO  
OF MINDFUL GUIDE CONSULTING,  
MOTHER AND AUTISM EXPERT



CLICK HERE FOR A SPECIAL  
MESSAGE FROM LISA



## Parent Training Topics

- Taking care of yourself
- Eye contact: Important or not?
- Development of the mind
- Aligning long-term goals with current treatment
- Current autism research and how that should effect treatment

ONLINE PARENT TRAINING CLASSES BEGIN FEBRUARY 11TH, 2020.  
CLICK HERE TO SIGN UP



# Online Autism Parents Training

**BEGINNING FEBRUARY 11TH , 2020 FROM 8:00 TO 9:30 COURSE  
WILL RUN FOR 5 WEEKS AND END MARCH 10TH 2020**

This online series will provide insight and education to autism parents about their critical roles in their child's development. Before and after video examples will be shared as well as demonstration of developmental goals achieved through the parent and child guiding relationship. Be ready to be inspired, encouraged and advance your knowledge as you move into 2020.

## Who This Training is for:

- Parents and caregivers
- Educators
- Therapists
- Speech Therapists
- Counselors
- Day Care Professionals
- Music
- Art Therapist
- Any other professionals that support the development of infants, children, teens and adults.

# Training Foundations Include:

## **1) DEVELOPING A GROWTH SEEKING MINDSET**

- Creating opportunities for personal and interpersonal Agency
- Guiding greater resiliency and flexibility
- Restoring the guiding relationship necessary for growth
- Understanding the impact of external reinforcement vs intrinsic motivation on long term growth and development

## **2) DYNAMIC VS STATIC INTELLIGENCE / DEVELOPING THE MIND**

- Understand the difference between static and dynamic intelligence
- Why Dynamic Intelligence is critical for long term quality of life
- What happens when DI is not developed in ASD
- Neuroplasticity - it's never too late to grow

## **3) FOUNDATIONS FOR COMMUNICATION – LEARN ABOUT THE CRITICAL PIECES THAT ARE OFTEN OVERLOOKED**

- Reciprocal meaningful connected conversations
- What to do with scripting
- Monitoring and adaptation required for effective communication
- Non-verbal communication – it's 90% of communication after all

## **4) SETTING UP REAL WORLD MEANINGFUL OPPORTUNITIES TO SUPPORT GROWTH**

- Learn how to promote competency and independence in daily living
- Reduce resistant, passivity, avoidance and controlling behaviors
- Structuring the environment for optimal outcomes
- Provide productive personalized supports

# Training Foundations Include:

## 5) CO-REGULATION FOR CONNECTION

- Learn why coregulation is so important
- Learn how to create and maintain states of coregulation
- Coregulation is the foundation for self-regulation
- Critical aspect of human connection and development and often missed in the lives of individuals with Autism

# Bonus Recorded e-learning Include:

## SUPPORTING EYE GAZING – NOT EYE CONTACT

- Learn how to analyze gaze shifting to understand what others are thinking and developmental readiness
- Eye gazing is dynamic communication – why we don't teach "look at me"
- How to create opportunities to improve eye gazing, observation skills and attention

## LIMIT SETTING – DEVELOPING COMPETENCY IN SETTING LOVING AND KIND BOUNDARIES (3 PART SERIES)

- Parents learn that they must set limits with their children even when they have autism
- Why setting limits is loving and kind, why kids need to hear no
- Difference between punishments and rewards and healthy boundaries Knowing when and how to set limits, developmental readiness is vital



## In addition the autism training includes:

- Weekly action steps
- Online access to the RDI operating system which includes, self-paced e-learning modules, expansive compilation of research supporting RDI, online video resources
- Multiple video examples to reflect on and discuss throughout training because pictures are worth a thousand words
- Readiness for an RDI program and a free consultation with a consultant

## Registration Information:

- Early Registration fee: \$150.00 USD (by January 22)
- Regular Registration fee: \$170.00 USD (after January 22)
- Registration Deadline: February 10th, 2020 at 5 pm

**TO REGISTER ONLINE AND PAY WITH CREDIT CARD, CLICK HERE.**

FOR CANADIANS:

Pay by email e-transfer, **click here** to download the registration form

Early: \$180 CAD

Regular \$225.00 CAD

Location: Online using Zoom (details will follow registration)

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