

EVIDENCE-BASED PRACTICES

Interconnect uses several evidence-based practices to improve child development through parent-led therapy.

EARLY START DENVER MODEL (ESDM)

ESDM is an effective therapy model for young children ages 12 months-4 years that focuses on play-based learning to create an environment that fosters increased parent-child interactions. Through parent/therapist and child interactions, an increase of socialization, communication and cognitive skills are acquired.



This early intervention method yields positive outcomes to ensure children meet and surpass their developmental milestones.

ACCEPTANCE AND COMMITMENT THERAPY (ACT)



ACT is a subset of psychotherapy that involves acceptance, mindfulness, commitment, and behavior change, with the main goal to develop greater psychological flexibility. This is accomplished by identifying family values and creating goals for committed actions to improve behaviors.

ACT is effective for people of all ages and primarily used for parent training at Interconnect.

APPLIED BEHAVIOR ANALYSIS (ABA)

Many evidence-based practices fall under the umbrella of ABA which is the science of learning and behavior.

Interconnect uses the principles of ABA and a variety of practices such as, Natural Environment Teaching (NET), Pivotal Response Training (PRT), Positive Behavior Supports (PBS) and others to understand and shape behavior safely, respectfully and effectively.



PEERS®



The Program for the Education and Enrichment of Relational Skills (PEERS®) is world-renowned for providing evidence-based social skills treatment to preschoolers, adolescents, and young adults with autism spectrum disorder (ASD), attention deficit/hyperactivity disorder (ADHD), anxiety, depression, and other socio-emotional problems.

Interconnect is a certified PEERS® provider in the Bay Area!

All services are rooted in compassion and care, ensuring services are always safe, respectful and effective.