Relationship Development Intervention
In a Nutshell: What is it and how can it help?

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Let’s watch Léna in July 2007 - before we started RDI

What do you notice in terms of...

• Communicative balance
• Lena’s role
• Strategies used to engage her
December 2007 clips...

What do we notice now about...

- Communicative balance
- Lena’s role
- Strategies used to engage her
- What else is different?
The Beginnings of RDI...

- Dr. Steven Gutstein
- Quality of Life....
  - Independence
  - Employability
  - Friendship
- Howlin, 2003 QOL study

......RDI!
Defining intelligence

• Our kids with social communication difficulties ARE often very intelligent.

• But let’s think about different types of intelligence.

Static Intelligence

Learning and knowing information that does not change

• Reciting lines from a movie or song
• Collecting information on different types of cars (models, makes, years)
• Learning transportation maps
• Thomas the Tank Engine’s friends
• Airport codes
• Saying “hello” or “hi” to others
Dynamic Intelligence

- Applying what you know to real life situations
- Applying your knowledge on-line, in the moment
- “Course corrections”
- Incorporating new information
- Ongoing monitoring of communication
- Using different “modes” of communication

Integrating all that we know, remember, or have observed to make a good decision in the moment

Dynamic Intelligence

Some examples...

- Conversation about a movie
- Driving a car
- Knowing what to do when your bus does not come on time
- Greeting someone at a movie theater
**Static Thinking**
What you know. How you apply your knowledge in predictable environments

**Dynamic Thinking**
What you do with what you know in a continually changing, real world environment

**Dynamic Processing**
A process of adapting to a continually changing, complex, uncertain world
We need to be dynamic thinkers and dynamic communicators in order to:

- Be independent in life (and in school!)
- Form and maintain friendships and relationships
- Feel happy and competent in the world

The is the foundation and focus of RDI.

Example Dynamic Skills that RDI works to develop

- Observation skills
- Good enough thinking
- Resilience
- Flexible thinking
- Episodic memory
- Experience sharing communication
- Nonverbal communication
- Self awareness
- Perspective taking
- Emotional connection to others
Relationship Development Intervention (RDI)

- Natural environment contexts
- Guides and Empowers parents
  \textit{You can do this!}
- Competence and joy in social exchanges for both
How does RDI work exactly?

Individualized assignments for each family

Consultations usually occur every 2-3 weeks to start, then decrease over time.

- In person
- Video reviews
- Video conferencing
- Phone
Other important elements

1. Natural environment activities

2. Parent Objectives
   • Learning how to guide
   • Mission previews
   • Think about big picture of family life

3. Child Objectives
   • Specific social cognitive or communication milestones

4. RDI Learning Community (RDI-LC)
How does RDI work exactly?

Core RDI strategies that we often help parents practice first:

- Declarative Language
- Mindful Pacing (how to slow down)
- Embrace Silence
- Establishing competent-contingent roles (co-regulation)
Thank you for your time!
Questions...?

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