

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
- Léna's role
- Strategies used to engage her



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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!

Why such poor outcomes?

Defining intelligence

- Our kids with social communication difficulties ARE often very intelligent.
- But let's think about different types of intelligence.



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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



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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

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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



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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



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Dynamic Processing



A process of adapting to a continually changing, complex, uncertain world

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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

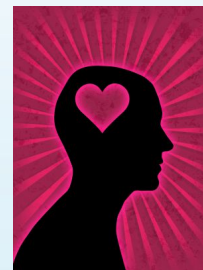


This is the foundation and focus of RDI.

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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

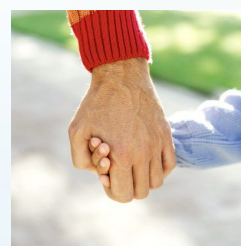


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Relationship Development Intervention (RDI)

- Natural environment contexts
- Guides and Empowers parents
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



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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


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4. RDI Learning Community (RDI-LC)

The screenshot shows the RDI Learning Community website. At the top left is the RDI Learning Community logo. Below it is a navigation bar with links for "My Group", "Community Center", "Professional Zone", and "My Page". A search bar is located on the right. The main heading is "Community Resource Content Guide". Below this, there are two main sections: "Program Phases" and "Resources by Topic".

Program Phases

The following is an outline of the phases in the RDI Program. Each link has additional sections and resources

 **Recover, Restore & Understand**

- 1) Recover: Resources to recover from a crisis mindset
 - Recovering from Crisis
- 2) Restore: resources to restore confidence, perspective and hope
 - Restoring Confidence
 - Restoring Your Perspective
 - Restoring Hope: Video by Dr. Gutstein
- 3) Understanding ASD, the Guiding Relationship & Dynamic Intelligence
 - Autism Spectrum Disorders: Developing a New Perspective
 - The Guiding Relationship: What it is, how it develops & why it is important

Resources by Topic

Academic Settings

- [Back to School Webinar Kat Lee & Lisa Palasti](#)
- [Classroom Observation Kat Lee & Lisa Palasti](#)
- [Homeschooling Kat Lee](#)
- [Overcoming Potential School Obstacles Kat Lee & Lisa Palasti](#)
- [School & Teacher Webinar Kat Lee & Lisa Palasti](#)
- [School Obstacles Kay Lee & Lisa Palasti](#)
- [Selecting an Optimal Learning Environment Lisa Palasti](#)
- [Reading as an Effective Guiding Tool Paulette Cormier](#)

Activities

- [Activity Webinars by Consultant Kat Lee](#)
- [How to Make the Most of Everyday Activities. By Shawn, an RDI Dad](#)
- [How to not get lost in the activity maze. By Sarah Wayland](#)
- [Productive Perspectives on Activities. By Di Matiland \(RDI Parent\)](#)

Autism Spectrum Disorders

- [ASD Beginnings](#)
- [Universal Impairments of children, teens & adults with ASD](#)

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)



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Thank you for your time!
Questions...?

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