

Making It Happen

How Do I Choose the Right Intervention?

Choosing a treatment path for your child may feel overwhelming. Remember to work closely with your child's treatment team and explore all of your options. The two articles that follow may provide helpful information for you as you choose between methods of therapies for your child.



“Alleviate Stress by Actively Pursuing the Right Intervention” from *Overcoming Autism*

by Lynn Kern Koegel, PhD and Claire LaZebnik

It's scary to have to question your own child's potential, but the best way to relieve your fears is to take action with productive interventions. The first step is to be informed. Talk to people you trust - parents who've been there, experts in the field, doctors you have a relationship with and so on. There are a lot of fly-by-night procedures that prey on distraught parents who will do anything for their child. Make sure that the interventions you're using are scientifically sound and well documented. Make sure they've been tested with many children with autism and that they've been replicated by other experts and clinics. Also, make sure you understand their limitations - some interventions only work on a small number of symptoms or on a small subgroup of children with autism. If you're going to spend time and money for interventions, be informed about the degree and extent of the change they may bring about.