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Advanced Skill Certificate in Occupational Therapy and Autism Spectrum Disorder

## Occupational Therapy Principles and Techniques

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ABA - Applied Behavior Analysis is a scientific approach to understanding and changing behavior, often used in conjunction with occupational therapy to address sensory and motor skills in individuals with Autism Spectrum Disorder. Related terms include behavioral analysis, behavioral modification, and positive reinforcement. ABA focuses on breaking down complex behaviors into smaller, more manageable parts, and using reinforcement techniques to encourage desired behaviors.

Adaptive Behavior refers to the practical skills individuals use to navigate everyday life, such as self-care, communication, and social skills. Occupational therapists work with individuals with Autism Spectrum Disorder to develop adaptive behaviors, such as dressing, feeding, and toileting. Related terms include daily living skills, self-care skills, and life skills.

ADL - Activities of Daily Living are the essential tasks individuals perform on a daily basis, such as bathing, dressing, and eating. Occupational therapists help individuals with Autism Spectrum Disorder develop the skills necessary to perform ADLs, often using assistive technology and adaptive equipment. Related terms include daily living skills, self-care skills, and instrumental activities of daily living.

Anxiety is a common comorbidity in individuals with Autism Spectrum Disorder, and can have a significant impact on daily life. Occupational therapists use a variety of techniques, such as deep breathing and progressive muscle relaxation, to help individuals manage anxiety and develop coping strategies. Related terms include stress management, coping skills, and emotional regulation.

Asperger's Syndrome is a subtype of Autism Spectrum Disorder, characterized by difficulties with social interaction and communication, as well as restricted and repetitive behaviors. Occupational therapists work with individuals with Asperger's Syndrome to develop social skills, such as initiating and maintaining conversations, and to address sensory and motor challenges.

Assessment is the process of evaluating an individual's skills, abilities, and challenges, in order to develop an effective treatment plan. Occupational therapists use a variety of assessment tools, such as the Sensory Profile and the Beery Developmental Test of Visual-Motor Skills, to assess individuals with Autism Spectrum Disorder. Related terms include evaluation, testing, and screening.

Augmentative and Alternative Communication refers to the use of alternative methods of communication, such as picture communication symbols or electronic devices, to support individuals who have difficulty with verbal communication. Occupational therapists work with individuals with Autism Spectrum Disorder to develop augmentative and alternative communication systems, and to integrate them into daily life. Related

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terms include alternative communication, augmentative communication, and assistive technology.

Autism Spectrum Disorder is a neurodevelopmental disorder characterized by difficulties with social interaction, communication, and restricted and repetitive behaviors. Occupational therapists work with individuals with Autism Spectrum Disorder to develop skills, such as social skills, self-care skills, and adaptive behaviors, and to address sensory and motor challenges. Related terms include autism, pervasive developmental disorder, and Asperger's Syndrome.

Behavioral Intervention refers to the use of behavioral techniques, such as positive reinforcement and behavioral modification, to address challenging behaviors in individuals with Autism Spectrum Disorder. Occupational therapists work with individuals with Autism Spectrum Disorder to develop behavioral interventions, and to integrate them into daily life. Related terms include behavioral analysis, behavioral modification, and applied behavior analysis.

Cognitive-Behavioral Therapy is a type of psychotherapy that focuses on identifying and changing negative thought patterns and behaviors. Occupational therapists may use cognitive-behavioral therapy techniques, such as cognitive restructuring and exposure therapy, to help individuals with Autism Spectrum Disorder manage anxiety and develop coping strategies. Related terms include cognitive therapy, behavioral therapy, and psychotherapy.

Daily Living Skills refer to the practical skills individuals use to navigate everyday life, such as self-care, communication, and social skills. Occupational therapists work with individuals with Autism Spectrum Disorder to develop daily living skills, such as dressing, feeding, and toileting. Related terms include adaptive behavior, self-care skills, and life skills.

Developmental Coordination Disorder is a neurological disorder characterized by difficulties with motor coordination and planning. Occupational therapists work with individuals with developmental coordination disorder to develop motor skills, such as handwriting, cutting, and dressing. Related terms include dyspraxia, motor skills disorder, and coordination disorder.

Discrete Trial Training is a type of behavioral intervention that involves breaking down complex behaviors into smaller, more manageable parts, and using reinforcement techniques to encourage desired behaviors. Occupational therapists may use discrete trial training to teach individuals with Autism Spectrum Disorder new skills, such as imitation and matching. Related terms include applied behavior analysis, behavioral modification, and positive reinforcement.

Early Intervention refers to the provision of services and support to infants and young children with Autism Spectrum Disorder, in order to promote development and reduce the risk of long-term challenges. Occupational therapists work with families and caregivers to develop early intervention strategies, such as sensory integration and play therapy. Related terms include early childhood intervention, infant intervention, and toddler intervention.

Emotional Regulation refers to the ability to manage and regulate emotions, such as anxiety, anger, and frustration. Occupational therapists work with individuals with Autism Spectrum Disorder to develop emotional regulation strategies, such as deep breathing and progressive muscle relaxation. Related terms include stress management, coping skills, and self-regulation.

Executive Function refers to the set of cognitive skills, such as planning, organization, and self-regulation, that are necessary for everyday life. Occupational therapists work with individuals with Autism Spectrum Disorder to develop executive function skills, such as time management and task completion. Related terms include cognitive skills, executive skills, and self-regulation.

Fine Motor Skills refer to the ability to use the small muscles of the hands and fingers to perform tasks, such as writing, cutting, and dressing. Occupational therapists work with individuals with Autism Spectrum Disorder to develop fine motor skills, often using adaptive equipment and assistive technology. Related terms include dexterity, hand function, and motor skills.

Gross Motor Skills refer to the ability to use the large muscles of the body to perform tasks, such as walking, running, and jumping. Occupational therapists work with individuals with Autism Spectrum Disorder to develop gross motor skills, often using play therapy and sports activities. Related terms include locomotion, mobility, and motor skills.

ICF - International Classification of Functioning, Disability and Health is a framework used to classify and describe the functioning and disability of individuals, including those with Autism Spectrum Disorder. Occupational therapists use the ICF to develop treatment plans and to evaluate the effectiveness of interventions. Related terms include functional classification, disability classification, and health classification.

IEP - Individualized Education Program is a document that outlines the educational goals and objectives for a child with a disability, including Autism Spectrum Disorder. Occupational therapists work with educators and families to develop IEPs, and to integrate occupational therapy services into the educational program. Related terms include individualized plan, education plan, and treatment plan.

Instrumental Activities of Daily Living refer to the tasks individuals perform to manage their daily lives, such as cooking, cleaning, and managing finances. Occupational therapists work with individuals with Autism Spectrum Disorder to develop instrumental activities of daily living, such as meal preparation and household management. Related terms include daily living skills, self-care skills, and life skills.

Intervention refers to the process of providing services and support to individuals with Autism Spectrum Disorder, in order to promote development and reduce the risk of long-term challenges. Occupational therapists work with families and caregivers to develop interventions, such as sensory integration and play therapy. Related terms include treatment, therapy, and service provision.

Joint Attention refers to the ability to share attention with others, such as during social interactions or play activities. Occupational therapists work with individuals with Autism Spectrum Disorder to develop joint attention skills, often using play therapy and social skills training. Related terms include social attention, shared attention, and gaze following.

Leisure Activities refer to the activities individuals engage in for enjoyment and relaxation, such as hobbies, sports, and recreational activities. Occupational therapists work with individuals with Autism Spectrum Disorder to develop leisure activities, such as arts and crafts or music therapy. Related terms include recreational activities, hobbies, and play.

Mindfulness refers to the practice of being present and aware in the moment, often used to reduce stress and anxiety. Occupational therapists may use mindfulness techniques, such as deep breathing and meditation, to help individuals with Autism Spectrum Disorder manage anxiety and develop coping strategies. Related terms include mindfulness-based stress reduction, mindfulness-based therapy, and meditation.

Motor Planning refers to the ability to plan and execute motor actions, such as reaching, grasping, and manipulating objects. Occupational therapists work with individuals with Autism Spectrum Disorder to develop motor planning skills, often using play therapy and sports activities. Related terms include motor control, motor coordination, and praxis.

Occupational Performance refers to the ability to perform daily activities and tasks, such as self-care, productivity, and leisure activities. Occupational therapists work with individuals with Autism Spectrum Disorder to develop occupational performance, often using adaptive equipment and assistive technology. Related terms include functional performance, daily living skills, and life skills.

OT - Occupational Therapy is a type of therapy that focuses on developing the skills and abilities necessary for daily life, such as self-care, communication, and social skills. Occupational therapists work with individuals with Autism Spectrum Disorder to develop skills, such as sensory integration and motor planning, and to address sensory and motor challenges. Related terms include occupational performance, daily living skills, and life skills.

PECS - Picture Exchange Communication System is a type of augmentative and alternative communication system that uses pictures to support communication. Occupational therapists work with individuals with Autism Spectrum Disorder to develop PECS systems, and to integrate them into daily life. Related terms include picture communication symbols, augmentative communication, and alternative communication.

Play Therapy refers to the use of play activities to promote development and reduce challenges in individuals with Autism Spectrum Disorder. Occupational therapists work with individuals with Autism Spectrum Disorder to develop play skills, such as imitation and symbolic play, and to integrate play therapy into daily life. Related terms include play-based intervention, play-based therapy, and recreational therapy.

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Praxis refers to the ability to plan and execute motor actions, such as reaching, grasping, and manipulating objects. Occupational therapists work with individuals with Autism Spectrum Disorder to develop praxis skills, often using play therapy and sports activities. Related terms include motor planning, motor control, and motor coordination.

Recreational Activities refer to the activities individuals engage in for enjoyment and relaxation, such as hobbies, sports, and leisure activities. Occupational therapists work with individuals with Autism Spectrum Disorder to develop recreational activities, such as arts and crafts or music therapy. Related terms include leisure activities, hobbies, and play.

Self-Care Skills refer to the ability to perform daily living tasks, such as bathing, dressing, and feeding. Occupational therapists work with individuals with Autism Spectrum Disorder to develop self-care skills, often using adaptive equipment and assistive technology. Related terms include daily living skills, adaptive behavior, and life skills.

Self-Regulation refers to the ability to manage and regulate emotions, such as anxiety, anger, and frustration. Occupational therapists work with individuals with Autism Spectrum Disorder to develop self-regulation strategies, such as deep breathing and progressive muscle relaxation. Related terms include emotional regulation, stress management, and coping skills.

Sensory Integration refers to the process of integrating and processing sensory information from the environment, such as touch, sound, and vision. Occupational therapists work with individuals with Autism Spectrum Disorder to develop sensory integration skills, often using sensory integration therapy and sensory play activities. Related terms include sensory processing, sensory modulation, and sensory integration disorder.

Sensory Modulation refers to the ability to regulate and manage sensory information, such as filtering out background noise or tolerating certain textures. Occupational therapists work with individuals with Autism Spectrum Disorder to develop sensory modulation skills, often using sensory integration therapy and sensory play activities. Related terms include sensory integration, sensory processing, and sensory regulation.

Social Skills refer to the ability to interact and communicate with others, such as initiating and maintaining conversations, and developing and maintaining relationships. Occupational therapists work with individuals with Autism Spectrum Disorder to develop social skills, often using social skills training and play therapy. Related terms include social interaction, social communication, and social relationships.

Splinter Skills refer to the ability to perform specific, isolated skills, such as counting or reciting facts, without being able to generalize them to other situations. Occupational therapists work with individuals with Autism Spectrum Disorder to develop splinter skills, and to integrate them into daily life. Related terms include isolated skills, fragmented skills, and exceptional skills.

TEACCH - Treatment and Education of Autistic and related Communication handicapped Children is a type of behavioral intervention that focuses on developing skills and abilities, such as communication and social skills, in individuals with Autism Spectrum Disorder. Occupational therapists may use TEACCH techniques, such as structured teaching and visual supports, to help individuals with Autism Spectrum Disorder develop skills and abilities. Related terms include behavioral intervention, applied behavior analysis, and positive reinforcement.

Theory of Mind refers to the ability to understand and interpret the thoughts, feelings, and intentions of others. Occupational therapists work with individuals with Autism Spectrum Disorder to develop theory of mind skills, often using social skills training and play therapy. Related terms include social cognition, social understanding, and mental state understanding.

Visual Supports refer to the use of visual aids, such as pictures, schedules, and checklists, to support communication and daily living skills in individuals with Autism Spectrum Disorder. Occupational therapists work with individuals with Autism Spectrum Disorder to develop visual supports, and to integrate them into daily life. Related terms include visual aids, visual communication, and visual schedules.