



The Essential 5

THE PRACTICE METHOD FOR INTERACTION WITH PEOPLE WITH AUTISM

## RESEARCH QUESTION

# WHAT IS THE EFFECT OF 'THE ESSENTIAL 5' TREATMENT, PROVIDED BY AUTIMAAT, ON COMORBIDITIES OF CHILDREN WITH AUTISM (ASS) MEASURED USING THE CHILD BEHAVIOR CHECKLIST (CBCL).

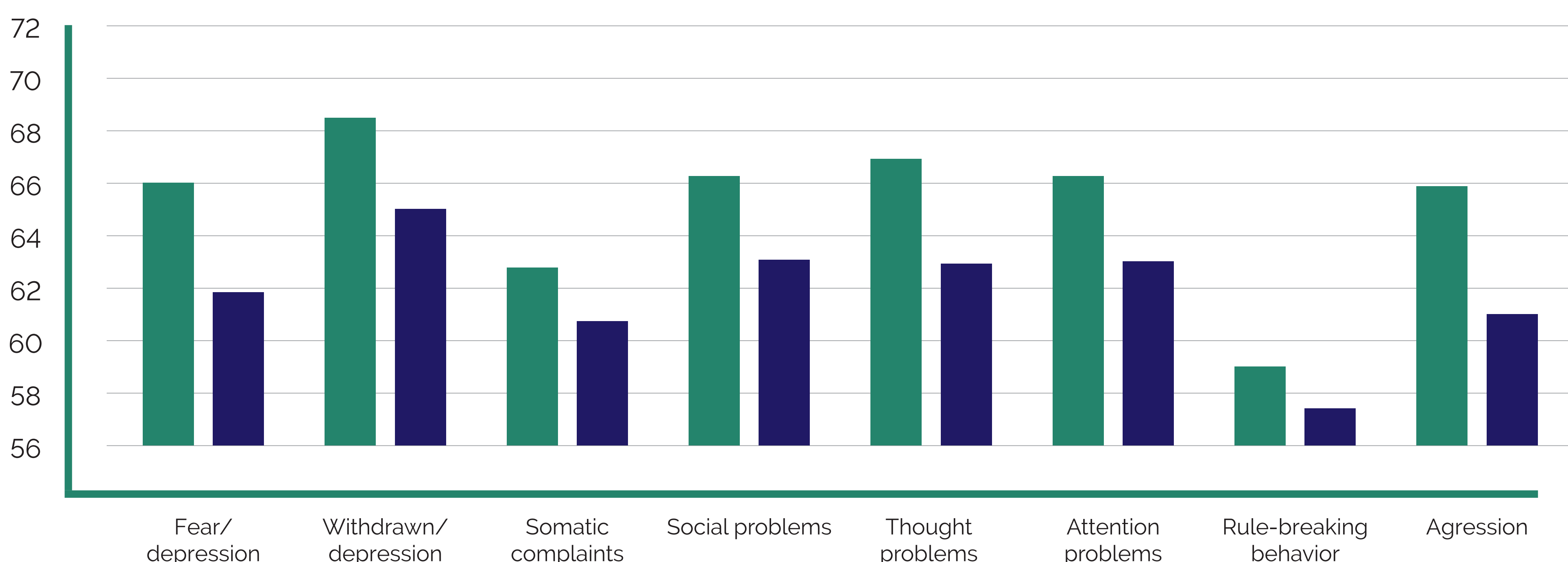
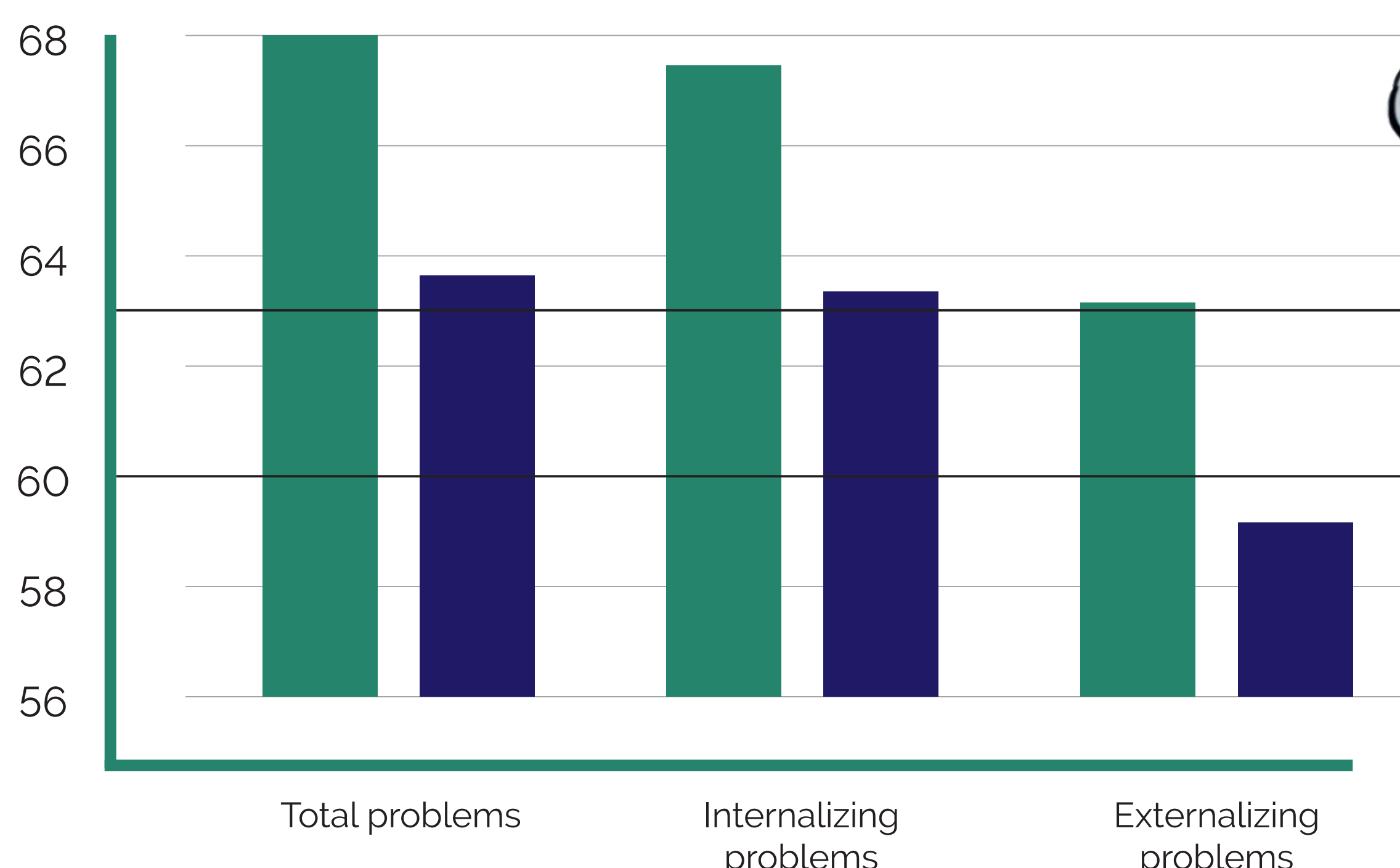
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## EFFECTS OF THE ESSENTIAL 5 TREATMENT

### RESULTS CBCL PRE- AND POST-TREATMENT

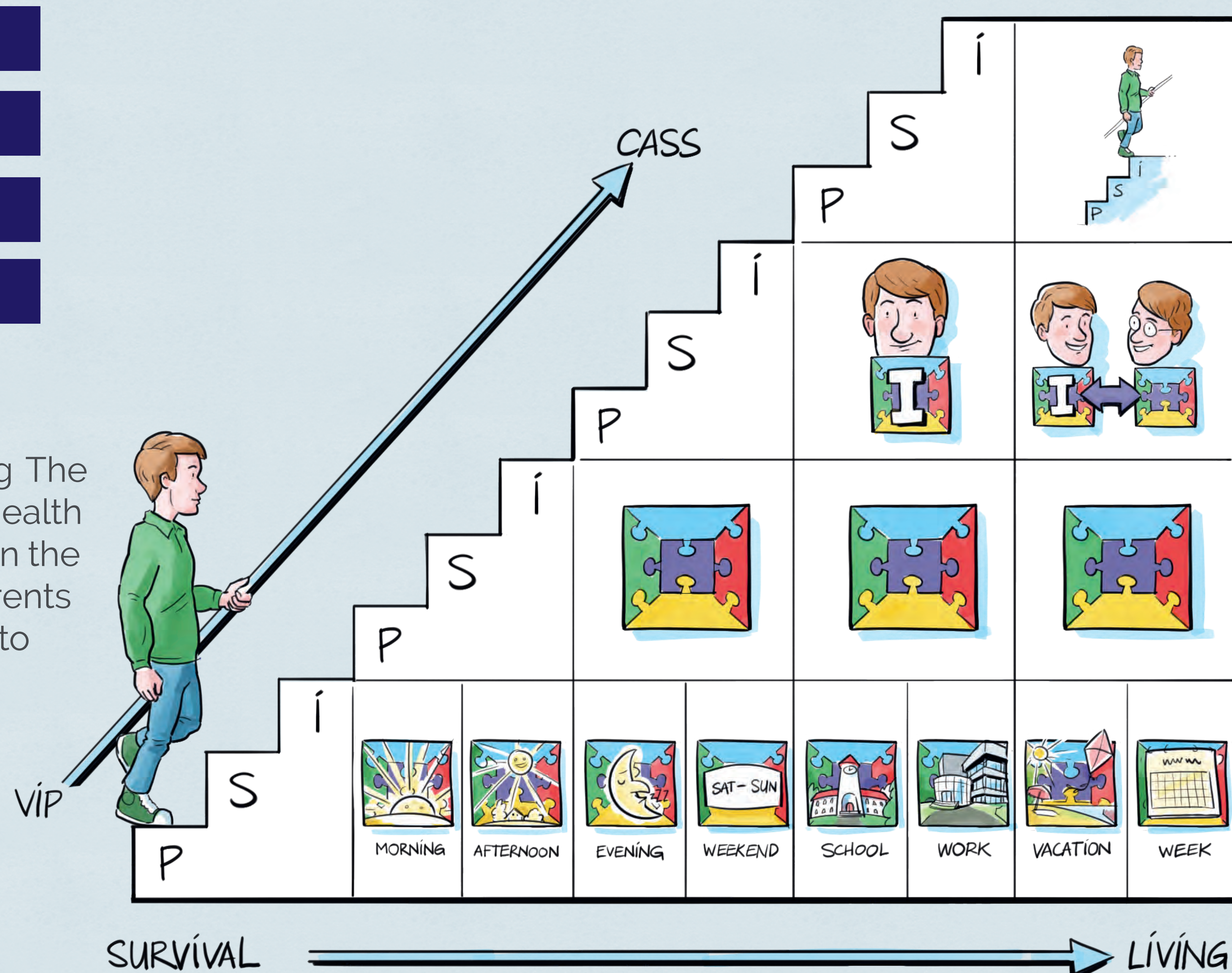
Results show that The Essential 5 treatment reduces problem behavior significantly ( $p < .01$ ), at all subscales and both internalizing and externalizing behavior problems at the CBCL.



### METHOD

- 278 families with a child with ASS
- pre-test CBCL before starting treatment
- post-test CBCL after treatment
- Duration treatment: 11 months

The intervention investigated is treatment using The Essential 5 at Autimaat, specialized mental health care, in Doetinchem. The treatment takes place in the network of the child using video feedback. Parents are going to apply The Essential 5 and learn to communicate and visualise in a way that fits their child. They build a basic foundation by making the world clear and predictable for the child. As a result of that, problem behavior decreases and autonomy increases: the child can develop again.



### PRACTICING THE ESSENTIAL 5

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