



Key Take-Aways

'DIR' Child and Family Counselling

Published online October 2, 2021

Summary: *“PCDA's Child and Family Counseling works with families to enhance their communication and understanding of each other in such a way that they're able to manage the strong emotions and difficult behaviours in a way that is emotionally meaningful, and that ultimately leads to stronger relationships in the family.”*

- Dr. Brandt Chamberlain

- The team works with parents on using attunement and co-regulation as an essential goal
- In Floortime, we have to be aware of what our emotional, affective communication is at the time that we set limits and expectations
- Having back-and-forth interactions between parent and child during dysregulation builds in a calm, emotional response as the parent recognizes the child's reaction, is attuning with them, and interweaving a calmness with what the child is experiencing
- The Young Adults Program at PCDA figures out how to use the young adults' interests to build age-appropriate skills and focuses on vocational exploration

Link to this blog: <https://affectautism.com/2021/10/02/counselling>