

Ziggurat Workshops

The Ziggurat Model: Planning Comprehensive Behavioral Interventions for Individuals with Autism Spectrum Disorders

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Training Outline

The Ziggurat Group specializes in evaluation and intervention of autism spectrum disorder. Our goal is to improve supports and services for individuals with ASD by building capacity within organizations. The trainings have been the catalyst for systems-wide change at the district and state levels. The following proposal outlines comprehensive intervention planning using the Ziggurat Model.

Trainings can be catered to address specific agency goals. We would be pleased to set up a conference call to clarify any questions and discuss the trainings in more detail.

Comprehensive Program Planning with *The Ziggurat Model and Comprehensive Autism Planning System:*

The Ziggurat Group provides intensive training in comprehensive program planning for individuals with ASD. The Ziggurat Model and the Comprehensive Autism Planning System (CAPS) provide a unique process and framework for designing comprehensive interventions for individuals of all ages with autism spectrum disorder. The Ziggurat Model and CAPS promote collaboration and communication among parents, adolescents and adults with ASD, and professionals.

The goal of training is to make a difference in the lives of those with ASD by preparing participants to utilize the Ziggurat Model and CAPS in their daily practice. The training materials and methods ensure that both novice and experienced staff gain knowledge and skills that they can immediately use. Trainers employ hands-on team activities and case examples with immediate coaching and feedback to increase the participants' experience in using the Ziggurat Model and CAPS. Throughout the training, there is an emphasis on evidenced-based practices and fidelity in implementation.

Ziggurat-CAPS Workshops feature:

- Training in a unique award-winning comprehensive approach to intervention planning
- Training by the experts who created the model
- An interactive training format
- Opportunities to collaborate with team members
- Coaching and feedback
- Evidenced-based strategies
- Hands-on application to case examples

Training Objectives:

Participants will be able to:

- Discuss leading theories regarding the signs and symptoms of autism
- Use specially designed assessment tools to identify the relationship of underlying characteristics of ASD with observable behavior:
 - A survey of underlying characteristics (UCC)
 - A survey of individual strengths and skills (ISSI)

- List five areas required for a comprehensive intervention
- Identify research validated strategies for intervention on each of the five levels of the Ziggurat
- Use the Ziggurat Worksheet to plan a comprehensive intervention
- Describe the CAPS Model and how Ziggurat and CAPS work together
- Participate effectively as a team member
- Identify common pitfalls in intervention design for individuals with ASD

Suggested Workshop Sequence:

Training can be accomplished in a two or three-day workshop. The first two days provide participants with the background in the model. Coaching is an effective way to support participants as they begin to use the Ziggurat Model. Coaching can be accomplished in-person and/or via conferencing. The training sequence is described below:

Day 1	Day 2	Day 3 Coaching (Optional)	Distance Coaching (Optional)
Neurological foundations and impact on social processing in ASD Introduction to comprehensive planning. Assessment for intervention planning The five levels of intervention - the Intervention Ziggurat Case study: Translating assessment into a comprehensive intervention and implementation plan	Review of comprehensive planning Making the program a reality by using the CAPS Case studies: Translating assessment into a comprehensive intervention and implementation plan Making comprehensive planning work in your district or agency	Team Intervention: Guided use of the Ziggurat Model for intervention teams	A minimum of four (recommended) 1-hour sessions to provide support to teams as they gain experience in using the Ziggurat Model

TRAINING OPTION

Train the Trainer: Certified Ziggurat Trainer:

The Certified Ziggurat Trainer program is ideal for organizations that seek to build capacity while supporting fidelity and use of the Ziggurat Model. At the end of the training sequence, the host agency will have a large pool of staff members who have been trained in the use Ziggurat Model and eight to twelve Certified Ziggurat Trainers (CZTs). *Certified Ziggurat Trainers* are qualified to consult with and to train staff in their employment setting in the use of the Ziggurat Model. This is the best way to create systems change.

Suggested Workshop Sequence:

The host agency selects up to 8 staff members to become CZTs. Potential trainers attend a full seven day sequence. The following qualities are recommended when selecting future trainers:

- Knowledge of autism spectrum disorders
- Knowledge of effective interventions for individuals with ASD
- Knowledge and application of the Ziggurat Model
- The ability to facilitate others in using the Ziggurat Model

Training is accomplished in two trips. The first trip (briefly summarized below) is two or three days as described above. On the second trip, the first day is dedicated to CZTs only while the following training days are identical to the initial three training days. The CZTs help to facilitate activities on the two (or three) training days and have the opportunity to gain a deeper understanding of the Ziggurat Model. Additionally, the trainers learn how best to present the material in future trainings that they will conduct. Please note, there is no limit to the number of participants who may attend the training. Including a large audience helps to build an initial pool of staff who are familiar with the comprehensive planning process. The full training sequence is detailed below.

First Training Visit

Day 1	Day 2	Optional Coaching Day
<ul style="list-style-type: none"> • Neurological foundations and impact on social processing in ASD • Introduction to comprehensive planning. • Assessment for intervention planning • The five levels of intervention - the Intervention Ziggurat • Case study: Translating assessment into a comprehensive intervention and implementation plan 	<ul style="list-style-type: none"> • Review of comprehensive planning • Making the program a reality by using the CAPS • Case studies (includes examples of both classic and high-functioning individuals): Translating assessment into a comprehensive intervention and implementation plan • Making comprehensive planning work in your district or agency 	<ul style="list-style-type: none"> • Team Intervention: Guided use of the Ziggurat Model for intervention teams • Linking assessment to specific objectives • The Ziggurat Model FBA

Second Training Visit

Day 3	Day 4	Day 5	Optional Coaching Day
<p>Only CZTs attend this day.</p> <ul style="list-style-type: none"> • Case review • Discuss Specific Intervention Plan • Discuss training others 	<p>Identical to Day 1 above.</p> <p>CZTs facilitate group activities and learn how to teach the model.</p> <p>CZTs meet with presenters during breaks and at the end of the training day for Q and A and for pointers on material covered</p>	<p>Identical to Day 2 above</p> <p>CZTs facilitate group activities and learn how to teach the model.</p> <p>CZTs meet with presenters during breaks and at the end of the training day for Q and A and for pointers on material covered</p>	<p>Team Intervention: Guided use of the Ziggurat Model with participant intervention teams.</p> <p>CZTs participate in the coaching under the guidance of Drs. Aspy and Grossman</p>