

CENTER FOR CHILD HEALTH AND DEVELOPMENT

University of Kansas Medical Center

OASIS Family Therapy SERIES:

The OASIS family therapy series is 12-16 weeks long. During the therapy series, you will complete 8 web-based informational modules where you will:

- learn to apply evidence based skills with your child
- receive guidance from a trained clinician

What to expect during the weekly 2-hour sessions

- The OASIS Provider will:
 - review the online information and answer questions
 - provide suggestions for activities to do with your child during the session
 - provide support and immediate feedback as you learn new skills to help your child

What are the informational modules and how do I access them?

- Modules contain information related to teaching and caring for a child with disruptive behavior
- You can access the modules at home, a library or other location with internet access
- You will complete online forms that help the provider to tailor your weekly therapy sessions

Our services to your family will include:

- Information about best practice and evidence based approaches to use with your child
- Instruction and support on how to promote independence, gain compliance, and teach your child appropriate replacement skills for problem behaviors
- Strategies to advance your child's social and academic skills, encourage generalization of new skills, and maintain learned skills
- Help with accessing services available to your child at local and state levels
- Techniques on developing effective methods of interacting and playing with your child



**FOR MORE
INFORMATION
PLEASE CALL**

**PHYLLIS YOUNG
913.588.5741**

COST

**Please call to
find out if your
insurance may
cover the parent
training
intervention.**

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OASIS

Frequently Asked Questions



Q: What is the OASIS Family Therapy Program?

A: The OASIS (Online and Applied System for Intervention Skills) Family Therapy Program is a clinical program that teaches behavior management skills to parents of young children with disruptive behavior. This is not designed to be a direct intervention solely for your child, but instead it is designed to teach you more effective ways to interact with your child.

Q: How many weeks does it usually take to get through the program?

A: It typically takes families anywhere from 12 to 16 weeks to complete the program.

Q: What does the program consist of?

A: The program consists of weekly sessions via video conference or in person, as well as an online training component (see below).

Video Conference (Telemed) -OR- In Person Sessions (one 2 hour session per week)



- Depending on your location, you and your child will attend video conferences at a site near your home (if you live *outside* of the Kansas City area) or you will meet face to face with your provider at the KU Medical Center Campus (if you live *within* the Kansas City area).
- The expected commute to your session site is typically 10-15 miles away from where you live.
- You and your provider will discuss the program material during the scheduled sessions. This allows for real-time video and audio communication if utilizing telemed, as well

as real-time communication for in person sessions.

- Your provider will review the information from the online tutorial and answer any questions you may have.
- You will complete a simple activity with your child to practice the skills you read about online.
- Your provider will then give you feedback on your use of the skills and will provide guidance on how to apply the skills you learned.
- Your provider will address any specific questions or concerns regarding your child's progress or behavior.

Online Components (approximately 1 hour per week)

- *Tutorials*- There are eight tutorials. The first two focus on introducing the programs, basic terms, and information regarding disruptive behavior and behavior in general. The remaining tutorials will provide you with detailed information on a variety of behavior analytic techniques and skills that you can use with your child.
- *Assessments*- After each tutorial you will complete a quiz over the material.
- *Recording forms*- Additional forms are available for you to use to communicate with your provider. These will be explained in further detail during therapy sessions.

Q: What is an evidence based approach?

A: An evidence based approach will supply families with well researched strategies to implement within their family structure. Our service is designed to promote learning new skills while decreasing problem behaviors (i.e. tantrums, not following instructions, etc.). It is the preferred and recommended treatment for children with disruptive behavior.

Q: Who will my provider be?

A: Providers are qualified individuals with experience and education in behavior analysis, psychology, or other related fields. Your provider will meet with you weekly at your scheduled sessions to discuss and practice the material that you learned from the online tutorials. Your provider will be available to answer any of your questions, either at the weekly sessions or through email/phone contact during the week.

Q: What is involved in the OASIS Family Therapy Program?

A: Prior to beginning the program, you may be asked to complete a series of surveys and questionnaires. The program consists of both an online component and weekly telemed or in person sessions.

Q: What happens if I have to miss a session?

A: We understand that illnesses, vacations, and other commitments are bound to come up. We ask that you give us at least 24 hours notice of any cancellations. You will be asked to sign our cancellation policy document. Sessions that are cancelled without 24 hours notification are subject to an out-of pocket fee.

Q: How do I qualify?

A: You must meet the following qualifications:

- Your child is 6 years old or younger.
- You must have access to a computer with internet access.
- You must be able to travel to the designated site in your community (typically 10-15 miles away from your home).
- You must be willing to commit to 2 hour weekly sessions for a period of 12 to 16 weeks.
- English must be your primary language.