

Treatment Options

The Son-Rise Program[®]

We know that every family and every child is unique. With this in mind we have created three Treatment Options that offer you flexibility in implementing The Son-Rise Program.

We have found that The Son-Rise Program Principles can be applied in various ways and so have provided the below descriptions to offer you the opportunity to choose the Treatment Option that will work best for your family. We recommend that you choose an option you can implement consistently for at least a six month period so your child can reap the benefits of the program. You may also choose one Treatment Option and then expand your program to the next level of intervention. It has been our experience that children benefit most when they receive the greatest amount of stimulation. We are available to guide you through this process and help you to create the most effective program possible.

Treatment Option Overview:

1. Lifestyle

Minimum 30 minutes of 1:1 facilitation with your child.

2. Part Time

- Level I:**
- 10-20 hrs a week 1:1 facilitation with your child in a specialized Son-Rise Program Play/Focus room.
 - Volunteers optional

- Level II:**
- 20-30 hrs a week 1:1 facilitation with your child in a specialized Son-Rise Program Play/Focus room.
 - Volunteers participation

3. Full Time

- Level I:**
- 30-40 hrs a week 1:1 facilitation with your child in a specialized Son-Rise Program Play/Focus room.
 - Volunteer participation

- Level II:**
- 40-56 hrs a week 1:1 facilitation with your child in a specialized Son-Rise Program Play/Focus room.
 - Volunteer participation

Lifestyle *Son-Rise Program*[®]

Intention/Purpose:

- To help make everyday life (home, appointments, bathing, etc.) smoother, more manageable and easier for the child, parents and family.
- To stimulate growth using The Son-Rise Program techniques during typical daily activities.
- To purposefully dedicate an amount of time each day to create a deeper bond with your child and to stimulate developmental growth.

Actions:

- 1:1 Facilitation
 - Parent spends a minimum of 30 minutes per day with his/her child, using The Son-Rise Program principles and techniques.
 - Time spent offering 1:1 facilitation is done in a quiet room in the home.
- In the Home
 - Use daily activities as opportunities to create deeper social connection.
 - Use your child's desire to have their "needs" met as opportunities to encourage greater interaction and to stimulate developmental growth in key areas such as Eye Contact, Communication, Interactive Attention Span and Flexibility.
- Environment
 - Simplify your child's environment (the home).
 - Clear obvious visual and auditory distractions.
 - Eliminate areas and circumstances where "control battles" frequently occur.
 - Reduce TV and Computer time (including video games, i.e. Nintendo, Xbox, etc.) to 1 hr a day or eliminate completely.
 - Eliminate electronic toys (i.e. battery operated toys: books, cars, etc.).
 - Limit exposure to over-stimulating environments such as: stores, restaurants, large gatherings, etc.
- Social Curriculum
 - Focus on The Son-Rise Program Four Fundamentals: Eye Contact, Language, Interactive Attention Span and Flexibility.

- Programs and Support Services
 - Watch all Son-Rise Program Webinars.
 - Attend **The Son-Rise Program Start-Up** (Foundation Training Course).
 - Attend these advanced training courses:
 - **The Son-Rise Program Maximum Impact**
 - **The Son-Rise Program New Frontiers**
 - **The Son-Rise Program Wide Awake**
 - Schedule ongoing consultations with a Son-Rise Program Teacher.
 - Upon completion of The Son-Rise Program training courses - attend an Option Process® group program, offered at The Option Institute, each year.

- Watch/Listen to/Read the following Support Materials:
 - *Autism Solutions* (DVD)
 - *Breakthrough Strategies for Autism Spectrum Disorders* (DVD)
 - *The Son-Rise Program Inspiring Journeys* (DVD)
 - *Autism Can be Cured* (CD)
 - *Special Children/Special Solutions* (CD)
 - *Son-Rise: The Miracle Continues* (Book)
 - *Happiness Is A Choice* (Book)
 - *Option Process* CDs
 - *Optimal Self-Trust*
 - *Fearless*
 - *Calm Amid Chaos*

Intention/Purpose:

- To provide an intentional and dedicated Son-Rise Program for your child.
- To enhance your child's ability to connect with others and grow developmentally through consistent, focused 1:1 facilitation.
- To stimulate growth using the opportunities of everyday living.
- To help make everyday life (home, appointments, bathing, etc.) smoother, more manageable and easier for the child, parents and family.

Actions:

- 1:1 Facilitation
 - Child spends a minimum of 10-20hrs a week receiving intensive, 1:1 facilitation based upon The Son-Rise Program principles and techniques.
 - Time spent offering 1:1 facilitation is done in a specially designed Son-Rise Program Play/Focus room.
 - Parents and volunteers focus on The Four Fundamentals: Eye Contact, Communication, Interactive Attention Span and Flexibility.
- In the Home
 - Use daily activities as opportunities to create deeper social connection.
 - Use your child's desire to have their "needs" met as opportunities to encourage greater interaction and to stimulate developmental growth in key areas such as Eye Contact, Communication, Interactive Attention Span and Flexibility.
- Environment
 - Create a specially designed Son-Rise Program Play/Focus room in the home.
 - Simplify your child's environment:
 - Clear away distractions.
 - Eliminate areas and circumstances where "control battles" frequently occur.
 - Reduce TV and Computer time (including video games, Nintendo, Xbox, etc.) to 1 hr a day or eliminate completely.
 - Eliminate electronic toys (i.e. battery operated toys: books, cars, etc.).
 - Limit exposure to over-stimulating environments such as: stores, restaurants, large gatherings, etc.

- Social Curriculum
 - Focus on The Son-Rise Program Four Fundamentals: Eye Contact, Language, Interactive Attention Span and Flexibility.
 - Parents use The Son-Rise Program Developmental Model to guide direction and focus of the program.

- Volunteers
 - Optional (recommended but not required).

- Programs and Support Services
 - Watch all Son-Rise Program Webinars.
 - Attend **The Son-Rise Program Start-Up** (Foundation Training Course).
 - Attend these advanced training courses:
 - **The Son-Rise Program Maximum Impact**
 - **The Son-Rise Program New Frontiers**
 - **The Son-Rise Program Wide Awake**
 - 12 (monthly) Consultations per year.
 - Upon completion of The Son-Rise Program training courses – attend an Option Process® group program, offered at The Option Institute, each year.

- Watch/Listen to/Read the following Support Material
 - *Autism Solutions* (DVD)
 - *Breakthrough Strategies for Autism Spectrum Disorders* (DVD)
 - *The Son-Rise Program Inspiring Journeys* (DVD)
 - *Autism Can be Cured* (CD)
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Intention/Purpose:

- To provide an intentional and dedicated Son-Rise Program for your child.
- To enhance your child's ability to connect with others and grow developmentally through consistent, focused 1:1 facilitation.
- To stimulate growth using the opportunities of everyday living.
- To help make everyday life (home, appointments, bathing, etc.) smoother, more manageable and easier for the child, parents and family.

Actions:

- 1:1 Facilitation
 - Child spends a minimum of 20-30hrs a week receiving intensive, 1:1 facilitation based upon The Son-Rise Program principles and techniques.
 - Time spent offering 1:1 facilitation is done in a specially designed Son-Rise Program Play/Focus room.
 - Parents and volunteers focus on The Four Fundamentals: Eye Contact, Communication, Interactive Attention Span and Flexibility.
- In the Home
 - Use daily activities as opportunities to create deeper social connection.
 - Use your child's desire to have their "needs" met as opportunities to encourage greater interaction and to stimulate developmental growth in key areas such as Eye Contact, Communication, Interactive Attention Span and Flexibility.
- Environment
 - Create a specially designed Son-Rise Program Play/Focus room in the home.
 - Simplify your child's environment:
 - Clear away distractions.
 - Eliminate areas and circumstances where "control battles" frequently occur.
 - Reduce TV and Computer time (including video games, Nintendo, Xbox, etc.) to 1 hr a day or eliminate completely.
 - Eliminate electronic toys (i.e. battery operated toys: books, cars, etc.)
 - Limit exposure to over-stimulating environments such as: stores, restaurants, large gatherings, etc.

- Social Curriculum
 - Focus on The Son-Rise Program Four Fundamentals: Eye Contact, Language, Interactive Attention Span and Flexibility.
 - Parents use The Son-Rise Program Developmental Model to guide direction and focus of the program.

- Volunteers
 - Minimum of two volunteers each in the playroom four hours per week.
 - Ongoing weekly feedback to volunteers. Feedback includes 15 minutes of observation followed by 30 minutes of feedback/training.
 - Team meeting once per month minimum.

- Programs and Support Services
 - Watch all Son-Rise Program Webinars.
 - Attend **The Son-Rise Program Start-Up** (Foundation Training Course).
 - Attend these advanced training courses:
 - **The Son-Rise Program Maximum Impact**
 - **The Son-Rise Program New Frontiers**
 - **The Son-Rise Program Wide Awake**
 - 12 (monthly) Consultations per year of which three are video feedbacks.
 - Upon completion of The Son-Rise Program training courses – attend an Option Process® group program, offered at The Option Institute, each year.

- Watch/Listen to/Read the following Support Material
 - *Autism Solutions* (DVD)
 - *Breakthrough Strategies for Autism Spectrum Disorders* (DVD)
 - *The Son-Rise Program Inspiring Journeys* (DVD)
 - *Autism Can be Cured* (CD)
 - *Special Children/Special Solutions* (CD)
 - *Son-Rise: The Miracle Continues* (Book)
 - *Happiness Is A Choice* (Book)
 - *Option Process* CDs
 - *Calm Amid Chaos*
 - *Fearless*
 - *Optimal Self-Trust*

Intention/Purpose:

- To provide an intentional and dedicated full time Son-Rise Program for your child.
- To enhance your child's ability to connect with others and grow developmentally through consistent, focused 1:1 facilitation.
- To stimulate growth using the opportunities of everyday living.
- To help make everyday life (home, appointments, bathing, etc.) smoother, more manageable and easier for the child, parents and family.

Actions:

- 1:1 Facilitation
 - Child spends a minimum of 30-40hrs per week receiving intensive, 1:1 facilitation based upon The Son-Rise Program principles and techniques.
 - Playroom time includes some weekend hours to provide continuity.
 - Time spent offering 1:1 facilitation is done in a specially designed Son-Rise Program Play/Focus room.
 - Parents and volunteers focus on The Four Fundamentals: Eye contact, Communication, Interactive Attention Span and Flexibility.
- In the Home
 - Use daily activities as opportunities to create deeper social connection.
 - Use your child's desire to have their "needs" met as opportunities to encourage greater interaction and to stimulate developmental growth in key areas such as Eye Contact, Communication, Interactive Attention Span and Flexibility.
- Environment
 - Create a specially designed Son-Rise Program Play/Focus room in the home.
 - Simplify your child's environment:
 - Clear away distractions.
 - Eliminate areas and situations where "control battles" frequently occur.
 - Eliminate (or reduce to less than 1 hr a day) TV and Computer time (including video games, i.e. Nintendo, Xbox, etc.).
 - Eliminate electronic toys (i.e. battery operated toys: books, cars, etc.).
 - Limit exposure to over-stimulating environments such as: stores, restaurants, large gatherings, etc.
 - Modified diet to maximize attention span and social development.

- Social Curriculum
 - Focus on The Son-Rise Program Four Fundamentals: Eye Contact, Language, Interactive Attention Span and Flexibility.
 - Parents use The Son-Rise Program Developmental Model to guide direction and focus of the program.

- Volunteers
 - Team of four or more volunteers:
 - Team to include four or more volunteers working in program (each in the playroom four hours per week).
 - Ongoing weekly feedback to volunteers. Feedback includes 15 minutes of observation followed by 30 minutes of feedback/training.
 - Team meeting 1-2 times per month.

- Programs and Support Services
 - Watch all Son-Rise Program Webinars.
 - Attend **The Son-Rise Program Start-Up** (Foundation Training Course).
 - Attend these advanced training courses:
 - **The Son-Rise Program Maximum Impact**
 - **The Son-Rise Program New Frontiers**
 - **The Son-Rise Program Wide Awake**
 - 12 (monthly) Consultations per year of which 6 are video feedbacks.
 - Upon completion of The Son-Rise Program training courses – attend an Option Process® group program, offered at The Option Institute, each year.

- Watch/Listen to/Read the following Support Material
 - *Autism Solutions* (DVD)
 - *Breakthrough Strategies for Autism Spectrum Disorders* (DVD)
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Intention/Purpose:

- To provide an intentional and dedicated full time Son-Rise Program for your child.
- To enhance your child's ability to connect with others and grow developmentally through consistent, focused 1:1 facilitation.
- To stimulate growth using the opportunities of everyday living.
- To help make everyday life (home, appointments, bathing, etc.) smoother, more manageable and easier for the child, parents and family.

Actions:

- 1:1 Facilitation
 - Child spends a minimum of 40-56 hours per week receiving intensive, 1:1 facilitation based upon The Son-Rise Program principles and techniques.
 - Child is in playroom seven days per week to provide continuity.
 - Time spent offering 1:1 facilitation is done in a specially designed Son-Rise Program Play/Focus room.
 - Parents and volunteers focus on The Four Fundamentals: Eye Contact, Communication, Interactive Attention Span and Flexibility.
- In the Home
 - Use daily activities as opportunities to create deeper social connection.
 - Use your child's desire to have their "needs" met as opportunities to encourage greater interaction and to stimulate developmental growth in key areas such as Eye Contact, Communication, Interactive Attention Span and Flexibility.
- Environment
 - Create a specially designed Son-Rise Program Play/Focus room in the home.
 - Simplify your child's environment:
 - Clear away distractions.
 - Eliminate areas and situations where "control battles" frequently occur.
 - Eliminate (or reduce to less than 1 hr a day) TV and Computer time (including video games, i.e. Nintendo, Xbox, etc.).
 - Eliminate electronic toys (i.e. battery operated toys: books, cars, etc.).
 - Limit exposure to over-stimulating environments such as: stores, restaurants, large gatherings, etc.
 - Modified diet to maximize attention span and social development.

- Social Curriculum
 - Focus on The Son-Rise Program Four Fundamentals: Eye Contact, Language, Interactive Attention Span and Flexibility.
 - Parents use The Son-Rise Program Developmental Model to guide direction and focus of the program.

- Volunteers
 - Team of four or more volunteers:
 - Team to include four or more volunteers working in program (each in the playroom four hours per week).
 - Ongoing weekly feedback to volunteers. Feedback includes 15 minutes of observation followed by 30 minutes of feedback/training.
 - Team meeting two times per month.

- Programs and Support Services
 - Watch all Son-Rise Program Webinars.
 - Attend **The Son-Rise Program Start-Up** (Foundation Training Course).
 - Attend these advanced training courses:
 - **The Son-Rise Program Maximum Impact**
 - **The Son-Rise Program New Frontiers**
 - **The Son-Rise Program Wide Awake**
 - 12 (monthly) Consultations per year of which 6 are video feedbacks.
 - Upon completion of The Son-Rise Program training courses – attend an Option Process® group program, offered at The Option Institute, each year.

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Treatment Options Quick Reference Chart

Treatment Option	Amount of hours	Son-Rise Program Playroom	Environment in/out of Home	Social Curriculum	Volunteers	Support Services
Lifestyle	<ul style="list-style-type: none"> • Minimum 30 mins a day 	No (use quiet room)	<ul style="list-style-type: none"> • Distraction-free • Reduce/eliminate electronics etc. • Limit excursions 	<ul style="list-style-type: none"> • Focus on the Four Fundamentals* 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • The Son-Rise Program® Training Sequence** • Son-Rise Wide Awake • Monthly consults
Part Time Level I	<ul style="list-style-type: none"> • Minimum 10-20 hrs a week 	Yes	<ul style="list-style-type: none"> • Distraction-free • Reduce/eliminate electronics etc. • Limit excursions 	<ul style="list-style-type: none"> • Focus on the Four Fundamentals* • Use Son-Rise Program Developmental Model to guide program 	<ul style="list-style-type: none"> • Optional 	<ul style="list-style-type: none"> • The Son-Rise Program Training Sequence** • Son-Rise Wide Awake • Monthly consults
Part Time Level II	<ul style="list-style-type: none"> • Minimum 20-30 hrs a week 	Yes	<ul style="list-style-type: none"> • Distraction-free • Reduce/eliminate electronics etc. • Limit excursions 	<ul style="list-style-type: none"> • Focus on the Four Fundamentals* • Use Son-Rise Program Developmental Model to guide program 	<ul style="list-style-type: none"> • Minimum 2 volunteers • Each 4 hrs/week • Weekly training • Team meeting 1 x per month 	<ul style="list-style-type: none"> • The Son-Rise Program Training Sequence** • Son-Rise Wide Awake • Monthly consults • Include 3 video feedbacks/year
Full Time Level I	<ul style="list-style-type: none"> • Minimum 30-40 hrs a week • Include some weekend time 	Yes	<ul style="list-style-type: none"> • Distraction-free • Reduce/eliminate electronics etc. • Limit excursions • Modify diet 	<ul style="list-style-type: none"> • Focus on the Four Fundamentals* • Use Son-Rise Program Developmental Model to guide program 	<ul style="list-style-type: none"> • Minimum 4 volunteers • Each 4 hrs/week • Weekly training • Team meeting 1-2 x per month 	<ul style="list-style-type: none"> • The Son-Rise Program Training Sequence** • Son-Rise Wide Awake • Monthly consults • Include 6 video feedbacks/year
Full Time Level II	<ul style="list-style-type: none"> • Minimum 40 - 56 hrs a week • 7 days a week 	Yes	<ul style="list-style-type: none"> • Distraction-free • Reduce/eliminate electronics etc. • Limit excursions • Modify diet 	<ul style="list-style-type: none"> • Focus on the Four Fundamentals* • Use Son-Rise Program Developmental Model to guide program 	<ul style="list-style-type: none"> • Minimum 4 volunteers • Each 4 hrs/week • Weekly training • Team meeting 2 x per month 	<ul style="list-style-type: none"> • The Son-Rise Program Training Sequence** • Son-Rise Wide Awake • Monthly consults • Include 6 video feedbacks/year

* The Four Fundamentals: Eye Contact, Communication, Interactive Attention Span and Flexibility

** The Son-Rise Program Training Sequence: **Start Up, Maximum Impact and New Frontiers**

