

FREQUENTLY ASKED QUESTIONS



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1 What is the OASIS Parent Training Program?

The OASIS (Online 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 the child, but instead it is designed to teach parents or caregivers more effective ways to interact with their children.

2 How many sessions does it usually take to get through the program?

It typically takes families anywhere from 12 to 24 sessions to complete the program.

3 What is involved in the OASIS Family Therapy Program?

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 a weekly telemed or in person session.

4 What is an evidence based approach?

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.

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What can I expect from the telemed/in-person and online components?

**Video Conference (Telemed)
OR In Person Sessions
(1 hour session per week)**

- If you live outside the Kansas City area, you and your child will attend video conferences at a site near your home
- If you live within the Kansas City area, you will meet in person with your therapist at the KU Medical Center Campus
- Expected commute to your session site is typically 10-40 miles away from where you live
- You and your therapist 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 therapist will review the information from the online tutorial and answer your questions
- You will complete a series of simple activities with your child to practice the skills you read about online
- Your therapist 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 session 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

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6 Who will my therapist be?

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

8 How do I qualify?

You must meet the following qualifications:

- Your child is 12 years old or younger
- You have access to a computer with internet access
- You are able to travel to the designated site in your community (typically 10-15 miles away from your home)
- You are willing to commit to hour-long weekly sessions for a period of 12 to 24 weeks
- English is your primary language

7 What happens if I have to miss a session?

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. Repeated cancellations will result in discontinuation of the program.

