



Helping children, teens, and adults with high cognitive autism spectrum disorder or a related profile achieve success.



Details:

Parent Coaching consists of an initial series of three 50-minute private sessions (in person, or by phone). Additional follow-up sessions are available as needed. In person sessions meet at our Lexington office.

Cost:

\$275 - Initial parent coaching series (consisting of three 50-minute sessions)

\$125 - Each 50-minute follow-up session

Personalized Parent Coaching

MGH Aspire supports the diverse needs of all our participants and families. Our private and personalized parent coaching sessions provide an opportunity to collaborate with our child specialists about your child's specific needs at home or in the community. Our goal is to provide you with support and strategies to help your child progress and achieve success.

Examples of common parent coaching goals:

- To improve the structure of your routines (mornings, homework, bedtime)
- To better understand your child's cognitive profile
- To learn about disclosure; how to speak with your child about their diagnosis and identity
- To help your child generalize their social skills at home or in the community
- To better support your child's stress management at home and in school
- To develop and practice independence at home or in the community
- To increase the effectiveness of parent-teacher communication and collaboration
- To develop self-care strategies and routines

Parent Testimonial:

"Working with you helped me learn the strategies I needed to feel better about supporting my son at home and in the community. Because of our time together, I finally feel like I understand what's happening for my son and we're all so much happier and making the kind of progress we had hoped for."



Personalized Parent Coaching Sessions

Guidelines:

- The goal of parent coaching is to provide feedback and strategize home-based interventions.
- For concerns related to serious aggression, self-injurious behavior, and educational needs, we are happy to provide recommendations for therapy services or in-home direct services.

How it Works:

- Identify a maximum of three goals related to your child's at-home or community-based behavior you aim to address.
- Complete the *Parent Coaching Goals* form and submit form to MGH Aspire.
- In discussion with you via phone, we will confirm the goals of your personalized parent coaching series.
- Upon agreement of goals and receipt of payment, the first session is scheduled.



Elise Wulff, MEd
Program Manager for Child Services

Elise Wulff has more than a decade of experience working with the neurodiverse population, their families, and professionals in both the public and private sectors. Elise oversees Aspire programming for individuals ages 5-16 and related services, designing and writing engaging curricula with activities that help to teach and build skills through preferred interests and play. Elise also provides personalized parent coaching, school-based consultation, and professional development for providers.

Elise received her undergraduate degree in psychology and theater arts from Emory University and her master's degree in special education from Lesley University.