



# Paediatric Autism Communication Therapy (PACT)

Level 1: e-learning

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‘A new form of therapy [PACT] has for the first time been shown to improve the symptoms and behaviour of autistic children, offering a potential breakthrough in care for millions of families.’

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The Guardian

## What is PACT?

The Paediatric Autism Communication Therapy (PACT) is a relatively low intensity, evidence-based, intervention in which therapists work with parent/carers to enhance social communication with their young child with autism spectrum disorder (ASD). PACT is the first autism intervention to have shown long-term reduction in autism symptom severity: in a large clinical trial, the group of children receiving PACT pre-school, when compared to usual care, showed improvements in social communication and a reduction in the level of restricted and repetitive behaviours that were sustained into middle childhood, six years after the end of treatment. In other studies, PACT has also been applied successfully in children up to 10 years of age.

In a 12-session staged intervention, the therapist uses specific video feedback techniques to help parents/carers recognise, respond to, and enhance their child's social communication. They also work to support and empower parents in embedding these communication techniques into daily family life. In this way, children are supported to develop their interaction and communication skills in their natural environment, which is one of the most effective ways of ensuring enduring improvements in social communication skills.

Within each 1 ½ hour session, the therapist records a short video (around 10 minutes) of the parent and child interacting or playing together. This video is then reviewed with the parent, using selected moments to identify and discuss the best individual communication strategies for the child. Between sessions, parents are asked to practise their PACT strategies with the child for around 30 minutes a day. Further booster sessions are offered at the end of treatment to continue generalising the communication techniques in daily routines.

PACT can be delivered either in the clinic or in home or caregiver setting. The PACT team are also currently conducting further research to establish whether it would also be beneficial to be delivered within a child's educational setting. Other health, education or social interventions can be continued in parallel.



# PACT professional training

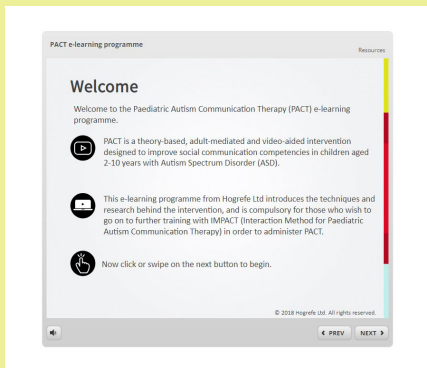
PACT certified training involves two steps; Level 1 followed by Level 2.

## Level 1 PACT Introduction e-learning training

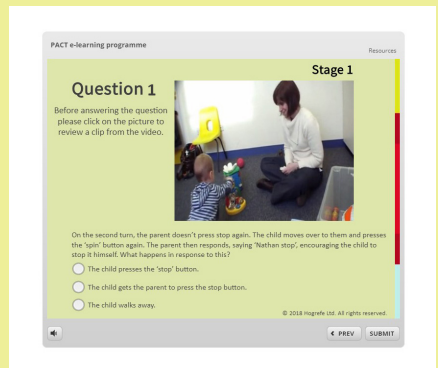
The Level 1 PACT e-learning programme is administered through Hogrefe and supports qualified professionals wishing to learn more about PACT. It does not enable practitioners to deliver PACT but provides an introduction to the method, techniques, and research behind the intervention and provides trainees with the knowledge they need in order to continue to Level 2. Additional resources include published articles about PACT research and development, as well as further guidance for professionals using PACT.

The Level 1 programme takes approximately four hours to complete and consists of six videos illustrating the PACT stages, along with multiple-choice tasks that are to be completed by the trainee. The programme also contains a video demonstrating a complete PACT session including parent-child play, the therapist's video feedback with the parent and individualised goal setting for home practice. Trainees wishing to progress to Level 2 training must complete all tasks and score 70% or higher to pass. A certificate of completion is provided.

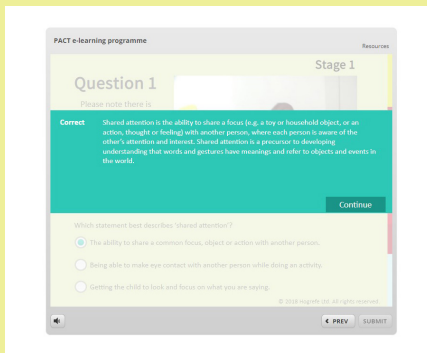
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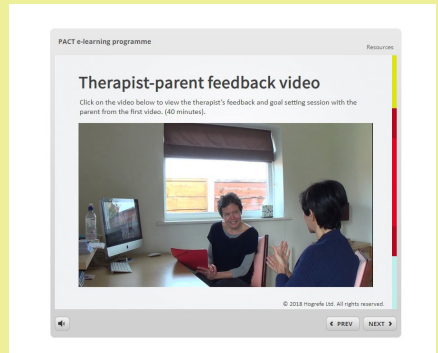
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# Next step

## Level 2 PACT professional certified training

Level 2 consists of two days' face-to-face training with trainers from the Interaction Method for Paediatric Autism Communication Therapy (IMPACT), and additional post-course work. Completion of Level 2 and the accompanying post-course work will qualify the professional to administer PACT.

A Level 2 PACT accreditation certificate is issued to professionals who complete both Level 1 and Level 2 PACT training.

Full details of the training with IMPACT can be found at [pacttraining.co.uk/register](https://pacttraining.co.uk/register), or you can email [info@pacttraining.co.uk](mailto:info@pacttraining.co.uk)

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‘[The PACT] Autism intervention is the first to show benefits over the long-term.’


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Hogrefe Ltd  
Hogrefe House  
Albion Place  
Oxford  
OX1 1QZ

Tel. +44 (0)1865 797920  
Fax +44 (0)1865 797949

customersupport@hogrefe.co.uk  
hogrefe.co.uk

 @hogrefeltd  
 /company/hogrefe-ltd  
 /hogrefeltd