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RDI[®] stands for Relationship Development Intervention[®]

What principles and research is RDI[®] based on?

- RDI[®] is based on a comprehensive review of research in typical development, communications theory, systems theory, cultural and anthropology research, psychotherapy, brain development and function, developmental psychology, disability research and more.
- RDI[®] is an innovative treatment program that continues to be developed by [Drs. Steven Gutstein](#) and Rochelle Sheely in an effort to achieve an improved quality of life for individual experiencing difficulty processing complex information.
- The objectives are focused on decreasing the child's obstacles and utilizing their strengths to develop meaningful relationships, cognitive flexibility and information processing.

How is it different from other approaches to autism? RDI[®] is...

- Family-based and parent-driven, which empowers parents to be the primary guide for their child.
- Based on objectives taken from research on neuro-typical development.
- Decreases an over-reliance on the therapist, therefore parents are the main re-enforcers for their children and therapists are seen as extenders.

What are the goals of RDI[®]? To...

- Ignite the child's internal motivation for discovery which raises his/her threshold for uncertainty and resilience for challenge.
- Develop the child's competence through internalization of complex mental processes.
- Improve the quality of life for the individual and the family unit.
- Restore the competence of the caregiver in their natural role as guide.
- Focus on core areas of difficulty: self awareness, appraisal, episodic memory, experience sharing, and creative/flexible thinking.

Who is RDI[®] Appropriate for?

- RDI[®] is appropriate for any individual who is experiencing difficulty processing complex information, regardless of diagnosis or lack thereof.
- Although RDI is often identified as an intervention appropriate for individuals with a diagnosis of autism, this parent training focused approach has been found extremely effective in helping parents facilitate their child's development regardless of specific diagnosis.
- RDI[®] consultants are working successfully with families regardless of age, severity of diagnosis, specific type of diagnosis, or communication ability

How does RDI[®] work?

- Parents work with a consultant to identify their child's strengths and weaknesses and identify opportunities across the day to facilitate specific developmental discoveries. This is done through video feedback and live demonstrations.
- With guidance from their consultant, parents provide numerous daily opportunities for the child to respond in more flexible, thoughtful ways to challenging problems. Siblings are also involved.
- Children learn to capture, stockpile and build an accessible repository of critical memories of their competence in gradually more complex environments building motivation and flexible thinking.
- By gradually accepting the transfer of responsibility from their parents, children internalize the complex mental processes that are essential to attaining a good quality of life. This is not something that is *taught*, however it is something that we learn through the process of guidance, which is the essence of RDI[®].