



# Paediatric Autism Communication Therapy (PACT)

Information for professionals working with autistic children or children showing signs of autism

**Level 1: eLearning**

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# What is PACT?

Paediatric Autism Communication Therapy (PACT) is a validated therapy supporting connection, celebrating individual differences, and enhancing communication between children and their primary caregivers. PACT has demonstrated effectiveness, and long-term evidence of significantly enhanced child social engagement, communication initiation and language outcomes.

## Why PACT?

PACT is a therapeutic support for autistic or possibly autistic children and their families that is quite different from traditional models of care. PACT draws on the individual positive attributes and capabilities of children and their carers and strengthens relationships, ensuring the child's unique interests and styles of communication are recognised, understood and validated.

PACT is the only specialised therapy showing scientific evidence of long-term enhanced child social communication skills six years after early PACT support has ended. Additionally, this improvement has very importantly been shown to generalise, as demonstrated by better child engagement in school per independent ratings from teachers.

This evidence informs a new Autism Care Pathway from first identification, pre- and post-diagnosis, to school support, and is suitable for autistic children up to 11 years of age. It is efficient and accessible for all children in a range of settings, in the home, clinic, nursery or school setting, and has also been adapted to allow delivery via online video conference.

PACT seeks to build bridges of connection, understanding and trust with familiar adults in the child's daily life to support the alternative ways autistic children learn and communicate. PACT strengthens the child's sense of agency, which enhances social engagement and confidence to communicate spontaneously. PACT

simultaneously helps parents and carers identify and support the child's arousal needs and communication interests and to feel empowered with increased self-efficacy, well-being and family resilience.

## How does PACT work?

PACT is an innovative approach that uses video analysis and reflective video feedback to highlight the existing strengths of the child and the carer. In PACT, the clinician serves as a facilitator, prioritising the relationship between the child and primary carer. The PACT manual serves as a guide to the clinician, highlighting progressive, measurable criteria and individualised strategies to observe the child's attributes and motivations and to support their individual social communication needs whilst also building and strengthening the adult's relationship and ability to attune and respond sensitively.

In 12 x 60-minute alternate weekly sessions of staged PACT, the therapist uses video to capture moments of connection and capability by freezing, playing slowly, and rewinding video moments to illuminate increasing strengths in adult relating, understanding and responding to the child. Additional sessions may be recommended depending on individual need. PACT does not advise or aim to teach but enhances accurate observation and interpretation of child agency and intentionality so the child feels understood and validated while adults feel more confident and empowered. PACT is delivered and embedded in the child's natural environment, supporting natural moments of interaction.

Between sessions, parents or carers are asked to practise their PACT skills and strategies with their child for around 30 minutes a day. Further monthly booster sessions are optional to continue generalising the communication skills in daily routines. Other health, education or social support can be continued in parallel.

# PACT professional training

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

## Level 1 PACT eLearning


The Level 1 PACT eLearning programme is available through Hogrefe and supports 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 therapy 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 90 minutes to complete and consists of six videos illustrating the PACT stages, along with multiple-choice tasks 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. Level 1 training is required to progress to Level 2 training. A certificate of completion is provided. Find out more at [hgf.io/pact-uk](http://hgf.io/pact-uk)

Welcome

PACT is a theory-based, adult-mediated and video-aided intervention designed to improve social communication competencies in children aged 2-10 years with Autism Spectrum Disorder (ASD).


The e-learning program from Hogrefe Ltd introduces the techniques and research behind the PACT intervention, and is crucial for those who wish to go on to further training with IMAPACT (Intervention Method Practitioner Autism Communication Therapy) in order to administer PACT.



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Stage 5: Increasing communication functions

This video shows a play sequence in which the parent creates opportunities for the child to initiate communication and use language for different functions, called pragmatics.



You may replay a short video clip before selecting your answer to the question.

PACT techniques

When watching the 1st PACT session, please note that we a number of PACT techniques to identify.

Click on each of the icons below to reveal the technique.

One	Six
Two	Seven
Three	Eight
Four	Nine
Five	How these insights are then formed into PACT goals.
How the therapist validates the parent's contribution.	Ten

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Scan the QR code below for more information or to book your place on the Level 1 PACT eLearning programme:



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# Next steps

## Level 2 PACT professional certified training

Level 2 consists of two days' or four half-days of online 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 and who demonstrate a high level of fidelity in use of the approach.

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

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Scan the QR code below for more information or to book your place on Level 2 PACT professional certified training:



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



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New Scientist

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**PACT**  
Paediatric Autism  
Communication Therapy