



**EMPOWERING PARENTS OF CHILDREN WITH  
AUTISM SPECTRUM DISORDER  
THE BRIDGE INTERVENTION PROGRAM**  
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**INTRODUCTION**

- Autism spectrum disorder (ASD): is a complex neurological developmental disorder. It can cause problems with thinking, feeling, language and the ability to relate to others and is most often a lifelong disorder. Its effects and severity vary. (APA, 2016).

- Having a child with ASD affects the whole family. It can be stressful, time-consuming and expensive. Paying attention to the physical and emotional health of the whole family is important. (Benson, 2016)

- Parents of children with ASD in Vietnam feel alone, hopeless, frustrated because no matter how they try, their children `will probably not “heal” from ASD. They do not understand their children well. They worry about their children ‘s future, especially the abilities of self-serving and integrating with the community (Lai, 2016).

**GOALS**

1. Help parents accept or come to terms with their children ‘s diagnosis
2. Empower parents so that they can become the best specialists about their children.

**PARTICIPANTS**

30 fathers and mothers of 30 preschool age children with ASD diagnosis.



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**PROCEDURE**

2 simultaneous processes:

- Weekly personal counselling for 3 months. Each session last 1 hour.

- 4 weekly 3-hour group meetings

Before and after the program, parents will complete 3 self reports to evaluate the effectiveness of the intervention

**THE BRIDGE INTERVENTION PROGRAM**

**Personal Counselling**

In 3 months, parents will be provided needed information about their own children and answered their questions personally, the frequency depends on their needs.



**MEASURES OF THE EFFICACY OF THE INTERVENTION**

Maternal agency questionnaire (Kuhn, 2006)

Maternal guilt questionnaire (Kuhn, 2006)

Maternal autism knowledge questionnaire (Kuhn, 2006)

**DISCUSSION**

Children with ASD have their own potential. No one can spend more time and understand the children with ASD more than their parents. Empowering those parents could give those children many benefits. A program for those parents is necessary and useful but is lacking. This program will supply that need. However, some parents may refuse to join for some reasons and revision maybe needed folloing the first administration of the program.