



DIRFloortime® Training Program: DIR® 101 Basic Info

Training Name: DIR 101: An Introduction to DIR® and DIRFloortime®

Training Purpose: This training will introduce and examine the Developmental, Individual difference, Relationship-based (DIR) model, which is an established and recognized framework to understand a child's development that was developed by Dr. Stanley Greenspan. DIR explains a child's developmental stages, individual differences, and the role emotion and relationships have in a child's development. The training will present an introduction to the DIRFloortime (AKA Floortime) approach, with the developmentally appropriate interactions, interventions, and practices geared to each child's developmental profile. The DIR model is applicable for all children and the DIRFloortime approach is particularly used as an intervention for children with Autism and other developmental disabilities.

Learning Objectives: Students successfully completing this course will be able to:

1. Identify common features of autism and other challenges of relating and communicating
2. Identify the key features of relationship-based approaches
3. Describe the 6 Functional Emotional Developmental Capacities (FEDCs) in the DIR model and potential challenges that children face at each capacity
4. Understand and describe the "I" in DIR - individual differences and how health, sensory processing, and regulatory challenges can impact a child's development
5. Describe key principles and basic strategies of Floortime
6. Understand and articulate the role of relationship and family in the DIR model
7. Understand and articulate the essential role of affect as it is related to the D, the I, and the R

Additional Training Program Information: More information on the DIRFloortime Training Program and the DIRFloortime approach can be found at the ICDL website at www.icdl.com. The research and evidence to support DIR and DIRFloortime continues to grow. The www.icdl.com/research page has further information on the latest research.

Sample Schedule:

Day 1

Time	Description
9:00 – 9:15	Welcome and introductions
9:15 – 10:30	Introduction to DIR and DIRFloortime: Key Concepts
10:45 – 12:15	The “D” of DIR: Developmental. Functional Emotional Developmental Capacities (FEDC) 1-3
1:15 – 2:45	FEDCs 4-6
3:00 – 3:45	The “I” of DIR: Individual Differences
3:45 – 4:45	Social Emotional Fundamentals of DIR
4:45 – 5:00	Questions and Wrap Up

Day 2

Time	Description
9:00 – 9:15	Welcome back, recap, any questions about last session content
9:15 – 10:15	The “R” of DIR: Relationships
10:30 – 12:00	Introduction to the Floortime Principles
1:00 – 2:15	Floortime with FEDC 1-3
2:30 – 3:15	Floortime with FEDC 4-6
3:15 – 3:30	DIRFloortime at Various Ages and Settings
3:30 – 3:45	Questions
3:45 – 4:00	Wrap Up

Related Books:

- 1997. *The Child with Special Needs: Encouraging Intellectual and Emotional Growth*. Stanley Greenspan and Serena Wieder. Perseus Books.
- 2000. *The Irreducible Needs of Children: What Every Child Must have to Grow, Learn, and Flourish*. Stanley Greenspan and T.B. Brazelton. Perseus Books.
- 2003. *Engaging Autism: The Floortime Approach to Helping Children Relate, Communicate and Think*. Stanley Greenspan and Serena Wieder. Perseus Books.
- 2003. *The Clinical Interview of the Child*. 3rd edition, Stanley and Nancy Thorndike Greenspan. American Psychiatric Publishing, Inc.
- 2004. *The Greenspan Social Emotional Growth Chart: A Screening Questionnaire for Infants and Young Children*. Stanley Greenspan. Harcourt Assessment, PsychCorp
- 2004. *The First Idea: How Symbols, Language, and Intelligence Evolved from Early Primates to Modern Humans*. Stanley Greenspan and Stuart Shanker. DaCapa Press
- 2006. *Infant and Early Childhood Mental Health*. Stanley Greenspan and Serena Wieder. American Psychiatric Publishing, Inc
- 2010. *The Learning Tree: Overcoming Learning Disabilities From the Ground Up*. Stanley and Nancy Thorndike Greenspan. DaCapa Press