Golan, O., Shilo, H., & Omer, H. (2016). Non-violent resistance parent training for the parents of young adults with high functioning autism spectrum disorder. *Journal of Family Therapy,* doi:10.1111/1467-6427.12106.

Here is the link to the article:

<https://www.dropbox.com/s/jcyt3ml7hybkbjx/Golan%20et%20al2016_NVR%20for%20parents%20of%20adults%20with%20asd.pdf?dl=0>

An adaptation of NVR was developed for parents of young adults with high functioning autism spectrum disorder. An important modification of the NVR protocol had to do with the fact that individuals with high functioning autism have great difficulty in interpreting other people's mental states. Accordingly the parents were helped to implement in a special way the principle "Strike the iron when it is cold!" Everytime they came back to their adult-child with their reaction, the parents would explain what they were feeling and why they were reacting as they did. Those mentalizing messages proved helpful both to the parents and to the adult-child. The article describes the treatment intervention, assessing its effects with four detailed cases. The evaluation was carried out by questionnaires and by a semi-structured interview. The parents reported reduced accommodation and more differentiated support for their child. This was aimed at reducing inappropriate services, so as to encourage independent functioning. The parents also reported on improved emotional control: They felt they succeeded much better in avoiding angry or overprotective responses. The parents' reduction in accommodation was followed by clear improvements in the adult-child's level of activity and independent functioning. The parents were surprised by those improvements and felt encouraged to check additional areas in which their services created a "dependence trap", in which the more they did for their child, the less capable the child was to act on his own. The parents also became less distressed and depressed, their relationship with their child became less burdened, and they became much more hopeful for the future. One of the conclusions of the project was that the number of sessions in the future should be increased (from 10 to 20). This is in agreement with our clinical experience with the parents of children with "adult entitled dependence" (AED).