

# Cultural Values and Beliefs Reflection Tool (Provider Form)

A Tool for Providers of Young Children with Autism Spectrum Disorder (ASD)

Welcome! This tool, developed by the On-Time Autism Intervention (OTAI) program, has two forms, one form for families to complete at intake and another for BCBA providers to complete once, for personal reflection. The purpose of these assessments is to facilitate families sharing their culture and family values with providers and to also help BCBA's recognize factors that may influence programming decisions for a variety of daily activities and common family routines.

This Cultural Values and Beliefs Reflection Tool seeks to support the alignment of treatment goals with family values and beliefs to improve the quality of life of children and their families by encouraging active participation in family routines. Prioritizing the needs and goals of the family and empowering families to share their preferences for common daily activities is essential to providing high-quality services. There are two main goals of this tool:

1. To help families identify intervention goal areas based on their child and families' specific needs, routines, and lifestyles.
2. To facilitate discussion and collaboration with caregivers and families to ensure intervention goals align with family values and beliefs.

The therapeutic relationship between families and their BCBA is fundamental in maximizing clinical outcomes for children with ASD as it can influence caregivers' acceptance, adherence, and engagement with treatment (1). Compassion and empathy for caregivers are valuable relationship variables that allow BCBA's to proactively engage with families to identify potential barriers to adherence and to develop effective intervention goals and plans.

Families' daily routines and rituals are often influenced by their cultural beliefs and values, which may differ from that of other cultures or may be contradictory to some common ABA intervention goals or programming for children with ASD (2). For example, families from collectivist cultures may choose to focus treatment goals on improving behaviors facilitating family or community activities instead of independent or autonomous behaviors (2). Families may encounter difficulty engaging in ABA programming that seems to contradict their cultural values and beliefs. As such, considering and integrating the cultural values and beliefs of families into ABA intervention plans and programming may increase the efficacy of the collaboration between BCBA's and families.

It is important to acknowledge that each family has different cultural values and beliefs and that family norms are highly subjective for each client and family. Though the cultural values and beliefs of the family are important factors to consider in programming decisions, BCBA's should use this tool to reflect on their personal cultural values and beliefs. Our own learning history and prior experiences influence our values and beliefs and can be reflected in the treatment goals and programming we develop. By comparing the family and provider forms, BCBA's will be able to illuminate the differences between their values and their client's values.

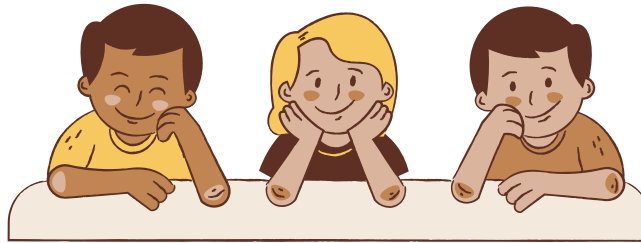
# Cultural Values and Beliefs Reflection Tool (Provider Form)

Understanding these differences would allow BCBAs to take on a different perspective, increasing empathy for families to provide compassionate care that uplifts the voices and preferences of the families they serve.

The tool contains 6 main sections that cover family routines or common daily rituals that are important to children's growth and development (3). Routines and rituals provide natural and effective learning opportunities for children to practice new behaviors (4). The reflection questions posed for each section are meant to help you reflect on your own cultural values and beliefs as well as those from your family of origin and how that might influence your perspective and your practice. This tool is meant to be the starting point for conversation and collaboration with your clients.

1. Taylor BA, LeBlanc LA, Nosik MR. Compassionate Care in Behavior Analytic Treatment: Can Outcomes be Enhanced by Attending to Relationships with Caregivers?. *Behav Anal Pract.* 2018;12(3):654-666. Published 2018 Sep 20. doi:10.1007/s40617-018-00289-3
2. Bernier R, Mao A, Yen J. Psychopathology, families, and culture: autism. *Child Adolesc Psychiatr Clin N Am.* 2010;19(4):855-867. doi:10.1016/j.chc.2010.07.005
3. Spagnola M, & Fiase BH. Family Routines and Rituals: A Context for Development in the Lives of Young Children. *Infants & Young Children.* 2007;20(4): 284-299. doi:10.1097/01.IYC.0000290352.32170.5a
4. Schreibman L, Dawson G, Stahmer AC, et al. Naturalistic Developmental Behavioral Interventions: Empirically Validated Treatments for Autism Spectrum Disorder. *J Autism Dev Disord.* 2015;45(8):2411-2428. doi:10.1007/s10803-015-2407-8





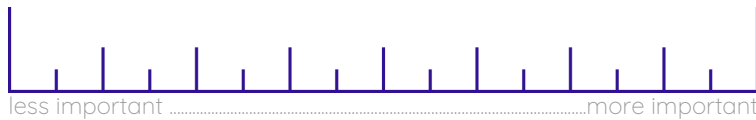
What are some things you love and celebrate about yourself?

Tell us about your family. Who does it include? What do you love and celebrate together?

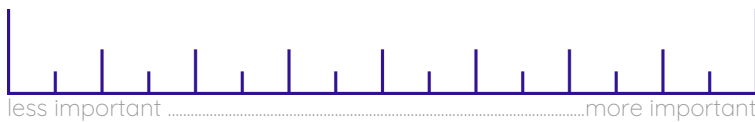


# What's Important to You?

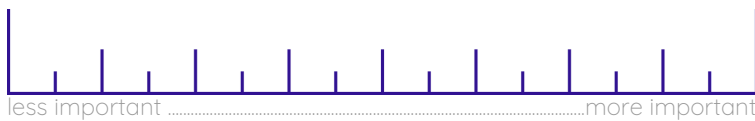
Some people feel strongly about some routines and don't feel strongly about others. How would you rank these topics in order of importance to you?



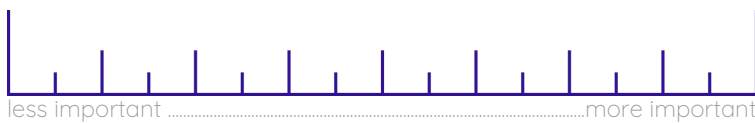
Mealtimes



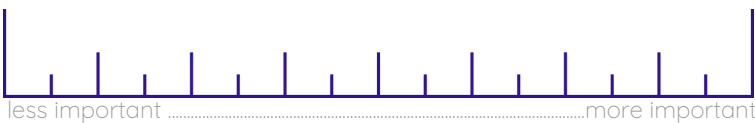
Sleep/Bedtime



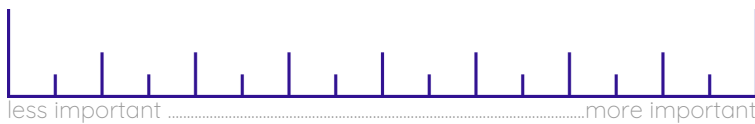
Personal Care



Play and Relaxing



Social Activities



Interdependence,  
Independence



# Family Routine: Mealtimes

What does mealtime or eating look like for your family? This might be parent feeding, eating independently, eating at a table or couch, separately or together, or other things.

**1** What did meals look like for you/your family in childhood? Is there anything from your culture or childhood that is important for you to continue?

**2** What do mealtimes look like currently?

**3** Are there aspects of meals that you would like to see change in some way? If yes, what are they?

**4** What else about meals, food, or eating habits/routines would you like to add?



# Family Routine: Sleep

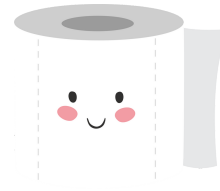
What do sleep and bedtime look like for your family? This might be activities like co-sleeping, sleeping separately, bedtime routines, or other things.

**1** What did sleep time look like for you/your family in childhood? Is there anything from your culture or childhood that is important for you to continue?

**2** What does going to bed and sleep time look like currently in your family?

**3** Are there aspects of bedtime, sleep, or sleep time that you would like to see change in some way? If yes, what are they?

**4** What else about bedtime or sleep would you like to add?



## Family Routine: Personal Care

What does this look like for your family? This might be activities like dressing, bathing, toileting, or other things.

**1** What did personal care look like for you/your family in childhood? Is there anything from your culture or childhood that is important for you to continue?

**2** What does personal care look like currently?

**3** Are there aspects of personal care that you would like to see change in some way? If yes, what are they?

**4** What else about personal care would you like to add?



# Family Routine: Play & Relaxation

What does this look like for your family? This might be activities like playing with siblings, playing or entertaining self alone, or other things

**1** What did play and relaxation time look like for you/your family in childhood? Is there anything from your culture or childhood that is important for you to continue?

**2** What does play and relaxation time look like currently?

**3** Are there aspects of play and relaxation time that you would like to see change in some way? If yes, what are they?

**4** Is there anything else about play and relaxation time that you would like to share with us? If yes, what?





# Family Routine: Interdependence

What does this look like for your family? This might mean completing tasks/daily routines without assistance from others (independence); family members working together, relying on/supporting each other (interdependence), or other things

**1** What did interdependence/independence look like for you/your family in childhood? Is there anything from your culture or childhood that is important for you to continue?

**2** What does interdependence/independence look like currently?

**3** Are there aspects of interdependence/independence that you would like to see change in some way? If yes, what are they?

**4** Is there anything else about interdependence/independence that you would like to share with us? If yes, what?



# Family Routine: Social Activities

What does this look like for your family? This might be social events with extended family or friends, holiday celebrations, community gatherings, or other things

**1** What did social activities look like for you/your family in childhood? Is there anything from your culture or childhood that is important for you to continue?

**2** What do social activities look like currently?

**3** Are there aspects of social activities that you would like to see change in some way? If yes, what are they?

**4** What else about social or cultural activities would you like to add?

**5** Are there activities, rites of passage, or special cultural or religious events that are important for you to participate in, and/or that you need support to do so?



Please use the following space to describe or list your core values (see attached list for ideas):

### Examples of Values

- |                |              |                 |
|----------------|--------------|-----------------|
| Accountability | Freedom      | Loyalty         |
| Achievement    | Friendship   | Openness        |
| Adaptability   | Fun          | Optimism        |
| Authenticity   | Generosity   | Order           |
| Balance        | Grace        | Patience        |
| Belonging      | Gratitude    | Peace           |
| Caring         | Growth       | Perseverance    |
| Collaboration  | Harmony      | Reliability     |
| Commitment     | Honesty      | Respect         |
| Compassion     | Humility     | Responsibility  |
| Competence     | Inclusion    | Security        |
| Confidence     | Independence | Self-discipline |
| Connection     | Initiative   | Self-expression |
| Cooperation    | Integrity    | Spirituality    |
| Diversity      | Joy          | Teamwork        |
| Efficiency     | Justice      | Tradition       |
| Equality       | Kindness     | Trust           |
| Fairness       | Leadership   | Understanding   |
| Faith          | Learning     | Uniqueness      |
| Forgiveness    | Love         | Vulnerability   |