

# **Addressing social, emotional, and organizational goals for a child with an autism spectrum disorder (ASD) using the Cognitive Orientation to daily Occupational Performance (CO-OP) approach**

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Children with autism spectrum disorders (ASDs) have social, emotional, and organizational skill deficits which are frequently addressed through behavioral-based skills training. However, these approaches often do not result in generalization of skills. This case study sought to understand if the Cognitive Orientation to daily Occupational Performance (CO-OP), a problem-solving approach, is effective for addressing social, emotional, and organizational goals with a child with an ASD. Pre and post-intervention assessments indicated an improvement on all three client-centered goals, with the client transferring his goals and problem-based strategies to the community. Analysis of video recordings of the intervention sessions indicated the global strategies of Goal-Plan-Do-Check were effective, with the participant spending most time in “plan.” A majority of the domain specific strategies did not apply to this case study. Additionally, the participant utilized “verbal guidance by therapist” most often and spent a majority of dimension of time on task “talking about the task.”

*Keywords:* autism spectrum disorders, cognitive strategies, social-emotional and organizational goals, case study