

Chapter 10

GoAuti by Anna Konstantinidou: An Innovative Parent Training Therapeutic Intervention Protocol for Families

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ABSTRACT

GoAuti is a comprehensive, pioneering set of protocols and therapeutic intervention methods consisting of an innovative combination of coaching tools, CBT tools, including a framework with CBC, positive psychology models (positive Psychology, positive Psychology coaching), modern applied psychology as well as neuropsychology, functionally and effectively adapted to the needs of each pathology, covering typical families as well as families with disabilities, couples, adults and children across the entire age and developmental range and is in harmony with the needs of the modern family, always personalized, current and up-to-date.

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INTRODUCTION

GoAuti includes the following protocols: Autism Coaching and more, Autism Coaching and more Pro (for professionals), Family Coaching, Couple Coaching, Coaching for all, Divorce Coaching, Sexuality Education Coaching, LGBTQIA+ Coaching, Animal Assisted Therapeutic Coaching, Nutri Coaching.

GoAuti therapists will be able to help every family they are involved with to reach its full potential in such a way that even after the completion the family will be able to deal with potential problems or understand when to seek further help. The purpose of the protocol is to help families live, interact, and evolve efficiently. To be able to overcome problems and have roles within the household. To be able to share tasks and organize their life together. Parents are the main source of information and education for their children so GoAuti comes in and helps them program the life education in such a way that it is efficient. GoAuti helps with values, chores, duties, manners, finances, sexuality, emotions and all that could appear in a family's life. GoAuti is a living guide to every parent's questions.

The protocol is structured in a way that, without overlooking the weaknesses, emphasizes the positive points and brings out the possibilities that it exploits to the fullest. Children, both typical and atypical, need unconditional love and acceptance. With the help of the trained coordinator, the parent is prepared, supported, trained and helped to understand all the above and to emit them, resulting in children responding to this parental model with full understanding that they accept and love it, whether it is typical or not.

This will lead to self-confidence, self-esteem, confidence and above all the much-desired security and willingness to cooperate at all levels and sectors of family and non-family life. It is structured in such a way that it can be applied to all neurodevelopmental disorders such as ASD, and ADHD as well as to various syndromes such as Down syndrome, and intellectual and other disabilities with the appropriate adaptation due to its dynamic nature.

GoAuti is a dynamic and versatile, therefore automatically personalized protocol that is formed according to the needs of the child and the family, facing all possible situations.

That may appear on the path of the family and the child such as a divorce, change of environment, sexual education, pet, or death (Bent, 2024).

This full dynamic protocol and its components have been created from an innovative combination of coaching tools, CBT tools, which includes a framework with CBC, positive psychology models (positive psychology, positive psychology coaching), modern applied psychology as well as neuropsychology functionally and effectively adapted, always personalized, current and updated.

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