CBID

Cognitive Behavioral Intervention for Driving

CBID is an interactive curriculum designed specifically for *high functioning teens and adults* with an Autism Spectrum Disorder. The curriculum is intended to be delivered in a meeting format by a facilitator to small groups of up to 10 people.

Table of Contents

- 1. Pre Assessment, Introduction & Curriculum Overview
- 2. Course Expectations, Driving Related Goal Making & Driving Challenges
- 3. Contextual Awareness
- 4. Sustaining and Shifting Attention
- 5. Flexibility and Problem-Solving
- 6. Emotional Training and Thought Changing
- 7. Emotion Awareness and Regulation
- 8. Goals, Plans and Preparations
- 9. Final Preparations: Thoughts, Emotions, Vehicles & Driving Challenges
- 10. Post Assessments, Review of Driving Simulator Data & Next Steps

