

The Miller Method Continuing Education Program for Adults with Autism

The Language and Cognitive Development Center Inc. (LCDC) has provided Cognitive Developmental driven assessments, therapies, and classroom education for children with autism and related conditions, since 1965. Developed by Dr. Arnold Miller and Eileen Eller-Miller, the Miller Method is based on their work and their research at the LCDC in Boston. Though primarily designed for children and emphasizing early intervention, the Miller Method is adaptable for teaching and supporting autistic people of all ages.

Eileen Eller-Miller passed away in 2004 coinciding with the closure of the school portion of the LCDC. Meanwhile, Dr. Miller continued the clinic and videoconference components, continuing international trainings on Miller Method, as well as assessments of children with autism, until passing in 2011.

Ethan B. Miller along with assistance from his brothers, David and Loren has continued the work of the LCDC. Key staff remain associated and dedicated to continuing and developing the work of the Millers.

Utilizing his experience as a teacher and coach, Ethan created the Miller Method Continuing Education Program (MMCEP) focused for the adult with autism who needs support reaching his or her goals. This program is a whole person approach, emphasizing health/fitness, career achievement, as well as personal or social goals.

The MMCEP is unique in its emphasis on Miller Method techniques over a course of 20 sessions, culminating in a certificate of completion, with the option to continue their work in additional sessions. The assessment phase seeks to find the goals of desires of the client, the concerns of the parents, and/or other support people, plus the capabilities of the client as determined by a rigorous assessment.

The MMCEP evolves over the duration of the course. For example, at the midpoint, there is a formative reassessment of the client's situation with a possible refocus on the goals, based on indicators from the first half of the course. Such adjustment is a hallmark of Miller Method. The program is about setting and successfully meeting goals and building internal client architecture rather than a therapeutic set of sessions. However, we will note serious issues if they occur and make recommendations for the best course of action to make.

The course utilizes a Miller Method key concept called systems theory. Initially, system components are developed by instructors as part of an ongoing effort, towards achieving success at one or more goals. The next level involves the client building their own systems under careful guidance of the person providing support. Each successful achievement using the systems approach serves as a platform for

building more advanced systems and ventures. The goal of this approach is for the client to build tools for maintaining and improving their own life.