



Behavior Webinars  
Behaviorwebinars@gmail.com

### General Information

**Instructor:** Dr. Pranali Hoyle, Ph.D., BCBA-D, IBA, LBA

**Title:** The Effects of A Brief Mindfulness-Based Intervention on Increasing Parental Engagement in Social Play with Children

**BCBA CEs:** 2 Learning CEUs

**IBAO CEs:** 2 General credits

**QABA CEs:** 2 General CEUs

**Location:** Online

The current course is offered on the topic of mindfulness-based interventions and if they improve parent-child interactions. The presentation discusses research in mindfulness and how the definition varies slightly between the Eastern and Western perspectives of mindfulness. The discussion of literature is based on previous research conducted in this area from 2010-2014, the current research using SCRD is lacking. The dissertation focuses on comparing two different mindfulness interventions and their implementation on improving parent-child interactions during a free play session post mindful breathing and while engaging in the STOP protocol. The results demonstrate social validity but lack a functional relationship across various dependent variables. Further research is crucial in this area specifically using the SCRD and demonstrating generalization and maintenance of skills.

### Speaker Bio

Dr. Pranali Hoyle is a behavior analyst with over 20 years of experience in the field of autism. Her career began as a paraprofessional while pursuing an undergraduate degree in special education at Kean University, where she graduated *Cum Laude*. She later earned a master's in applied behavior analysis from Caldwell University while working as a special education teacher in a private school, gaining mentorship from leading professionals in the field.

Board-certified in 2014, Dr. Hoyle has worked across various settings, including public schools, clinics, in-home, and community-based services. Her research focuses on mindfulness-based interventions, with her dissertation published on ProQuest. She has contributed to podcasts, a Behavior Live course, and ongoing research integrating mindfulness into clinical practice, staff and parent training, and social skills development.

### Learning Objectives

- Participants will identify at least two areas of knowledge related to sexual health and safety
- Define how mindfulness-based interventions affect parent-child interactions
- 2. Whether a specific intervention led to improved parent-child interactions
- 3. Learn the history of Mindfulness based on Eastern and Western Perspectives
- 4. Previous research on Mindfulness-Based interventions for children and parents



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### Course Assignments, Activities, and Technology

	<b>Title</b>
<i>Lesson 1</i>	Video
<i>Lesson 2</i>	Activities to support learning
<i>Lesson 3</i>	Final Quiz
<i>Lesson 4</i>	Summary

### Evaluation and Assessment

Participants must score 80% or better on all quizzes and exams. Participant also must turn in all assignments and respond to all discussion boards. Participants will have multiple opportunities to complete these activities if the first attempt is not satisfactory.