

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the frame, creating a modern, layered effect. The central area is white, providing a clean space for the text.

General Therapeutic Principles

Thoughts from those in the Field



Theory

Various counseling theories were mentioned that provide a framework for the therapists work with the clients.

Those mentioned include Adlerian, Cognitive Behavioral, Family Systems, Reality Therapy, and Solution Focused Brief Therapy.

Context of Behavior

Behavior must be placed in the context of the environment.

The therapist must analyze the physical needs such as eating, sleeping, etc.

This may have a strong link to the

Structure

Whether in individual or group therapy, having structure to the therapeutic interactions is important. Clients should understand their boundaries.

Shorter more frequent sessions are needed for some clients. For example, they may need to meet twice a week for 25 minutes.

Therapeutic Relationship

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Adaptations



Progress



Goals



Social Skills

One of the more common areas of need in the Developmental Disabilities population is social skills.

Many times it is important to teach these skills through teaching and modeling strategies.

Teaching Replacement Behaviors

When teaching replacement behaviors, the instructions or steps may need to be repeated numerous times.

Replacement behaviors should often involve one step only.

Play Therapy

If the activity is interesting, it may be beneficial to the client.

Miscellaneous

Visualizing a Stop Sign can help remind some individuals to change their behavior.

What works with one client may not work with another.

Contracts to remove themselves from stressful situations might be helpful (staff need to be trained).

Encourage staff to fill up the clients day with positive activities.