Counseling People with Developmental Disabilities: Techniques that Work

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History

History has not been kind to individuals with DD.

More time and energy has been spent on controlling people with disabilities with medication, physical restraints, and restrictions.

Counseling is often excluded as an option.

Where Are We Today?? H\Y bYYX Zcf Wti bgY`]b[Å

Employment

Friendships

Family Support

Mental Health Services

Discrimination

Segregation



Dual Diagnosis

Research indicates that almost 50% of the total population of people with developmental disabilities are currently taking at least one psychotropic medication(Reiss).

This population appears to be at greater risk of developing depression, anxiety, and various mental health issues

Most Common Current Treatments

Medication management
Psychiatrist Follow-Up
Behavior modification

What about Counseling??

- It is clear that there is a need
- Lack of education and lack of experience within the counseling profession
- Lack of training
- Techniques must be altered slightly
- Currently, many therapists do not feel comfortable working with clients with DD.



How did we get here??

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Lack of Education
+
Lack of Exposure
=
Fear
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Special Olympics
Special Needs
Special Education

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Education and Exposure lead to acceptance, understanding and appreciation.

Diagnosis

Accurate diagnosis is essential.

Multiple methods must be used including self reports, observations, information from staff, family

Functional Analysis

Communication

Sensory Processing

Environment

Culture

Medical

Medications

H\Y \(\text{PfcV}\\ \text{Ya } \(\text{1} \)

they are a SYMPTOM of the problem.

Specific Techniques

Basic helping skills are the same Modified CBT techniques

Solution Focused Therapy

Communication Alternatives

Role Playing

Therapeutic Interventions

Credo for Support

are attempting to take their place in society as fully contributing citizens. The danger is that society will respond with remediation and benevolence,

Summary

The counseling profession truly has the power to

new experiences and educate others.

Resources