

SD/IDD/special needs Adapted TFCBT – Xia Bell, LMFT

1. Emphasis on they're just like other kids. They won't necessarily have more behavior problems; look at beh probs as beh probs. Spend time with healthy kids with special needs so can better work with those who need help and extra supports.
2. Questions about: he says TFCBT can be really good for adults with dev delays. Adults living in family care home and staff could participate in it.
3. Kids with DD of any type tend to have much lower self esteem than typically developing kids (school, society at large messages they get). He sees dev self esteem as essential to healing.
4. Make things concrete. Have visual things they can see. Puppets.
5. Trauma systems therapy =
6. Expect TFCBT to move a lot more slowly.
7. IDD pop is very underserved. Make sure able to serve range of population
8. How do you adapt? Wouldn't use preschool material with 10 yo, but might be functioning at preschool level? (Baby/cartoon puppets vs those that are more realistic to be respectful).
9. In situations where sexual acting out has happened, developmentally 6 and get along better with 6 yo's, but getting advanced info. If had kissed another 12 yo vs 6 yo would have been different. Need to know how not to be taken advantage of but that they are appropriate with younger, lots of pe with parents about how to provide that supervision. Make sure having those conversations - can't ignore sexual develop, but also concretely teaching info to kids, how things might make people feel uncomfortable.