IBT - Interactive Behavioral Therapy: Group Treatment for People with Intellectual Disabilities

Daniel J. Tomasulo, Ph.D., TEP, MFA
Teaching Vs. Facilitation

Social Skill Training Model

IBT Model
IBT
Interactive –Behavioral Therapy
Action Process In Group Work:
4 Stage Modification

• Orientation
• Warm-up and Sharing
• Enactment
• Affirmation
FIGURE 1
INTERACTIVE BEHAVIORAL GROUP PROCESS
DANIEL J. TOMASULO, PH.D.

STAGE 1: ORIENTATION
Cognitive Networking Begins

STAGE 2: WARM-UP AND SHARING
Experiences and Issues Shared

STAGE 3: ENACTMENT
Protagonist Selected
- Action Begins

STAGE 4: AFFIRMATION
Reinforcement of Internalized Traits

TIME
20 - 25
40 - 45
45-50 MIN

EMOTIONAL INVOLVEMENT
HIGH
LOW

REINFORCEMENT OF THERAPEUTIC FACTORS

TYPICAL PATTERN
What You See in Others
You Strengthen in Yourself

The Course in Miracles
Orientation stage

- Cognitive Networking Begins
- Initiate Group
- Turn Taking Through Choosing
- Agenda Building
- Sociometry of Choices
- Horizontal Self-Disclosure
- Clarification / Repeating
Orientation Stage, continued.

• Assessment of Role Analysis
  – Physical
  – Social
  – Psychodramatic
• Trust and Safety Issues
• Begin to Identify Therapeutic Factors
• Validate Participation
Warm-up and Sharing Stage.

- Move to Vertical Self-Disclosure
- Building Cohesion
- Selecting a Protagonist
  - Self Selection
  - Facilitator Selection
  - Group Selection
Warm-up continues

- Building Support for the Protagonist
- Concretize Issues
- Invite Participation
- Transitional Stage to Action
- Continue Affirming Therapeutic Factors
- Cognitive Networking Continues
- (This can be painstakingly slow.)
• Assess Support for the Protagonist
• Build Support
• Select the Double
  – Facilitator demonstrates
  – Facilitator Chooses
  – Protagonist Chooses
  – Volunteer
  – Self (Role Prescription)
• Assess Participation
THE DOUBLE HAS THREE PURPOSES:

1. Providing emotional support
2. Giving emotional expression
3. Reorganize perceptions.
Enactment

(Additional features)
• 247 Ways to Use an Empty Chair
• Role Reversal
• Use of Auxiliaries
• Affirming the Protagonist
• Encounters (conflict resolution)
• Representational Dramas
Affirmation Stage

- Validate Each Member’s Participation
- Therapeutic Factors Affirmed
- Teach Members to Affirm Each Other
An IBT Outcome Study

\[ P = 0.046 \]

- **Linda Daniels, Psy.D.**
  (J. of Psychotherapy Practice & Research 1998; 7:167-176)

- **IBT Treatment** Vs **Waiting List**

  (20 subjects each)

- **16 sessions**
  (50 minutes each)

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TREATMENT</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre</td>
<td>43.88</td>
<td>10.9</td>
</tr>
<tr>
<td>Post</td>
<td>50.83</td>
<td>11.6</td>
</tr>
<tr>
<td><strong>WAIT LIST</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre</td>
<td>43.94</td>
<td>8.58</td>
</tr>
<tr>
<td>Post</td>
<td>45.13</td>
<td>9.36</td>
</tr>
</tbody>
</table>

Global Assessment of Functioning
Healing Trauma: The Power of Group Treatment for People with Intellectual Disabilities

Nancy J. Razza, Ph.D., Daniel J. Tomasulo, Ph.D.

APA’s first book on people with intellectual disabilities. Available at Amazon, Barnes and Noble and the APA.
Website for articles, clinical research, training, and supervision / consultation

www.TheHealingCrowd.com
“Disquietingly funny, stuffed with entertaining details and penetrating insights.”

Kirkus Review

Confessions of a Former Child
A Therapist’s Memoir

from Graywolf Press
available at Amazon, Barnes and Noble, Borders and all good bookstores.

FormerChild.com

PsychCentral.com  Proof Positive

The R Word: Sticks, Stones and Rosa’s Law
Sticks, Stones and the R Word

Winner

International RETHINK Theater Challenge

October 9th & 10th, 2010
Auckland, New Zealand