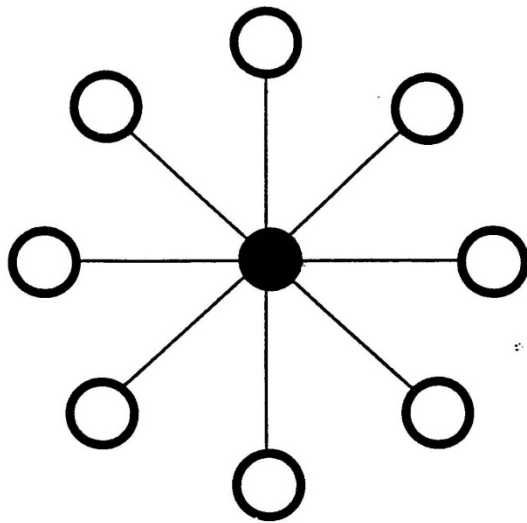


# **IBT -Interactive Behavioral Therapy: Group Treatment for People with Intellectual Disabilities**

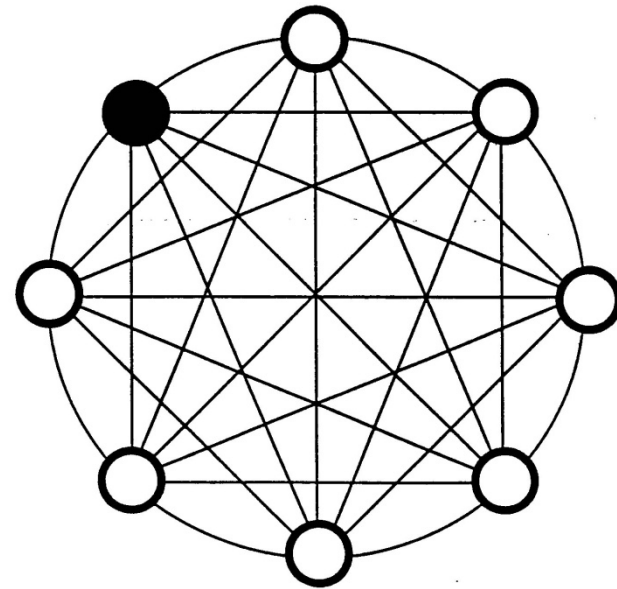
*Daniel J. Tomasulo, Ph.D., TEP, MFA*

# Teaching Vs. Facilitation

Social Skill Training Model



IBT Model



# **IBT**

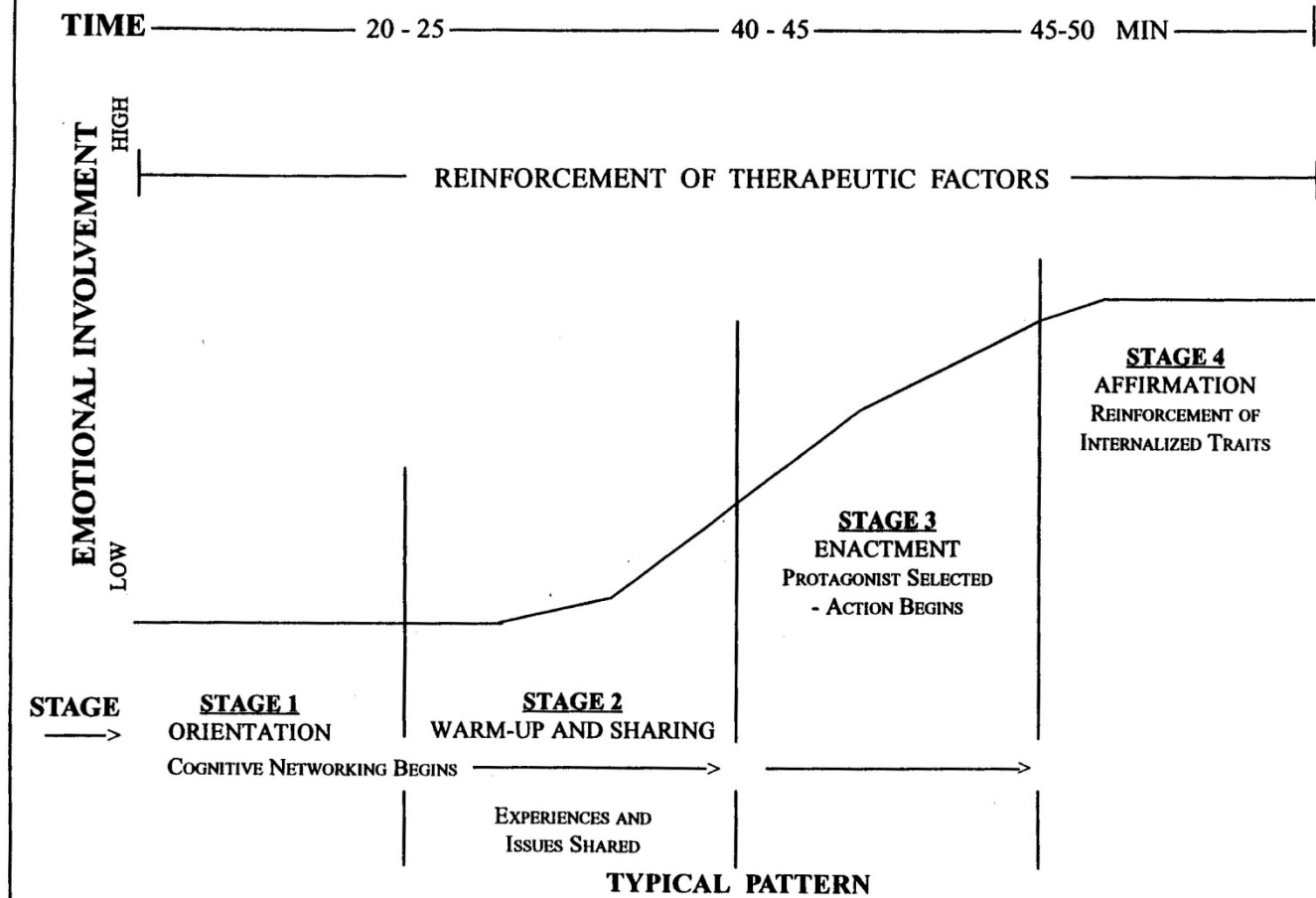
## **Interactive –Behavioral Therapy Action Process In Group Work: 4 Stage Modification**

- **Orientation**
- **Warm-up and Sharing**
- **Enactment**
- **Affirmation**

FIGURE 1

# INTERACTIVE BEHAVIORAL GROUP PROCESS

DANIEL J. TOMASULO, PH.D.



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.)

# Enactment

- 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.

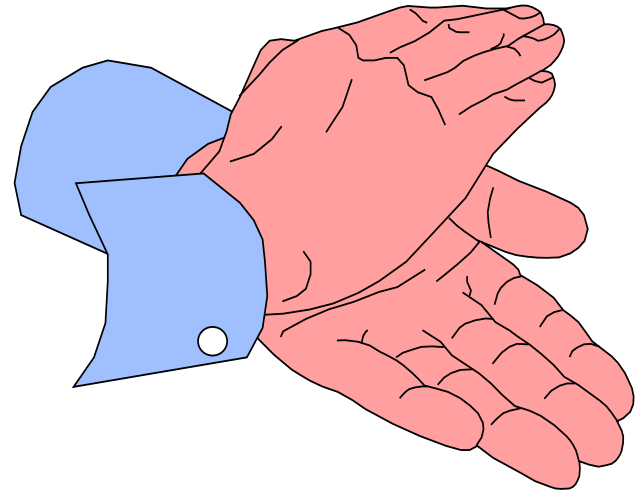
# Enactment

(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*

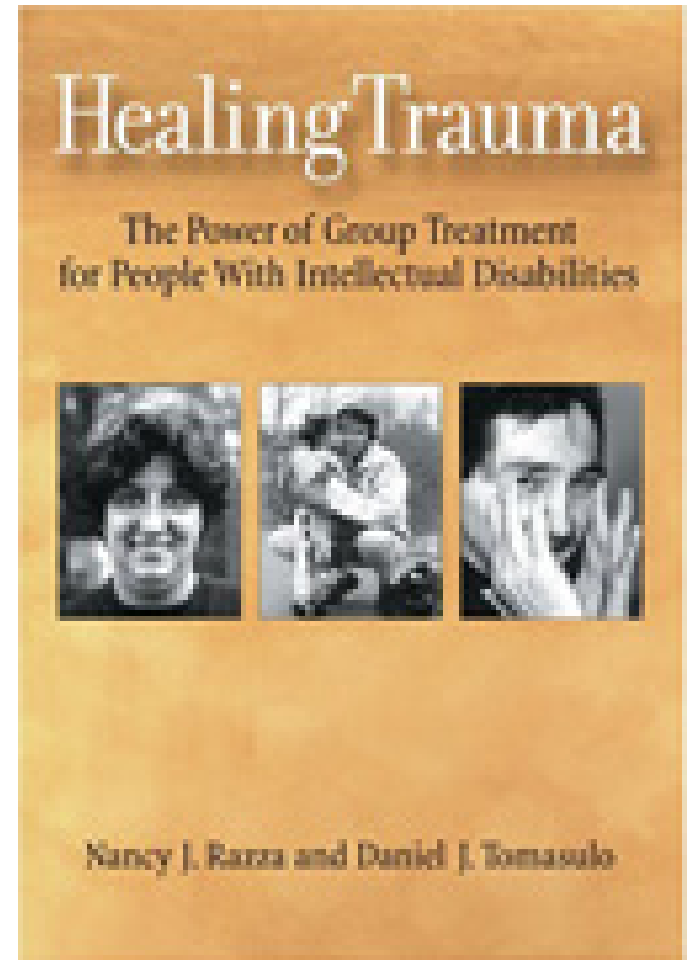
- *Linda Daniels, Psy.D.* *Global Assessment of Functioning*  
(J. of Psychotherapy Practice & Research 1998; 7:167-176)
  - *IBT Treatment*  
Vs
  - *Waiting List*  
(20 subjects each)
  - **16 sessions**  
(50 minutes each)
- |  | <u>TREATMENT</u> |               |             |
|--|------------------|---------------|-------------|
|  | <u>Mean</u>      |               | <u>SD</u>   |
|  | 43.88            | (pre)         | 10.9        |
|  | <b>50.83</b>     | <b>(post)</b> | <b>11.6</b> |
|  | <u>WAIT LIST</u> |               |             |
|  | <u>Mean</u>      |               | <u>SD</u>   |
|  | 43.94            | (pre)         | 8.58        |
|  | <b>45.13</b>     | <b>(post)</b> | <b>9.36</b> |

# (Shameless Self Promotion)

*Healing Trauma: The Power of Group Treatment for People with Intellectual Disabilities*

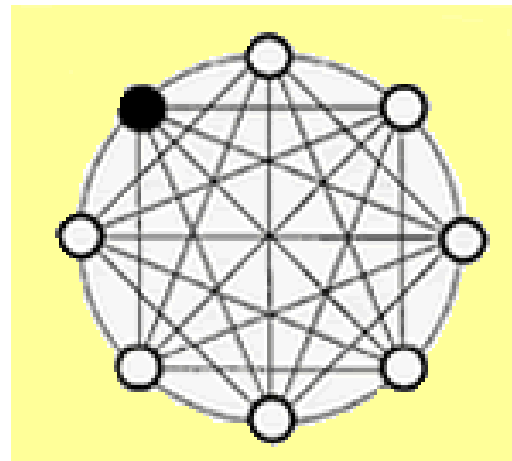
*Nancy J. Razza, Ph.D.,  
Daniel J. Tomasulo, Ph.D.*

*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](http://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*

QuickTime™ and a  
TIFF (Uncompressed) decompressor  
are needed to see this picture.

# *Sticks, Stones and the R Word*

*Winner*

International **R**ETHINK  
Theater Challenge

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