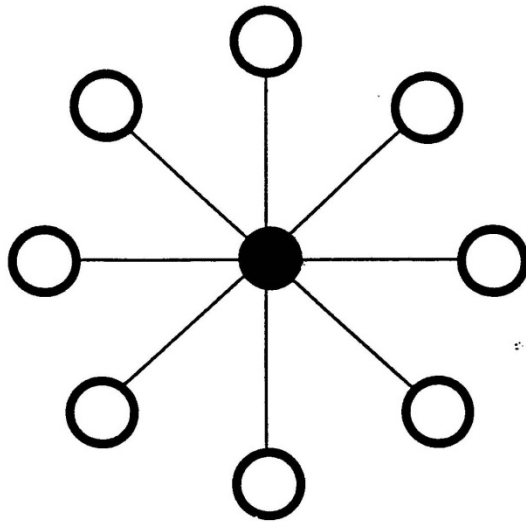


IBT -Interactive Behavioral Therapy: Group Treatment for People with Intellectual Disabilities

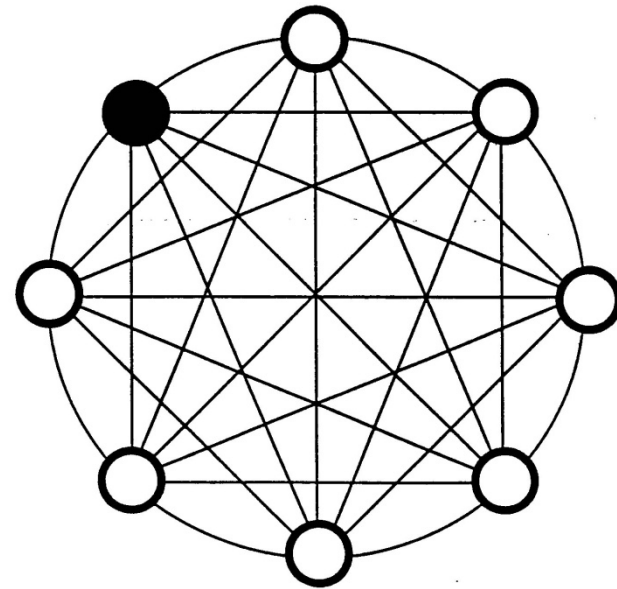
Daniel J. Tomasulo, Ph.D., TEP, MFA

Teaching Vs. Facilitation

Social Skill Training Model



IBT Model



IBT

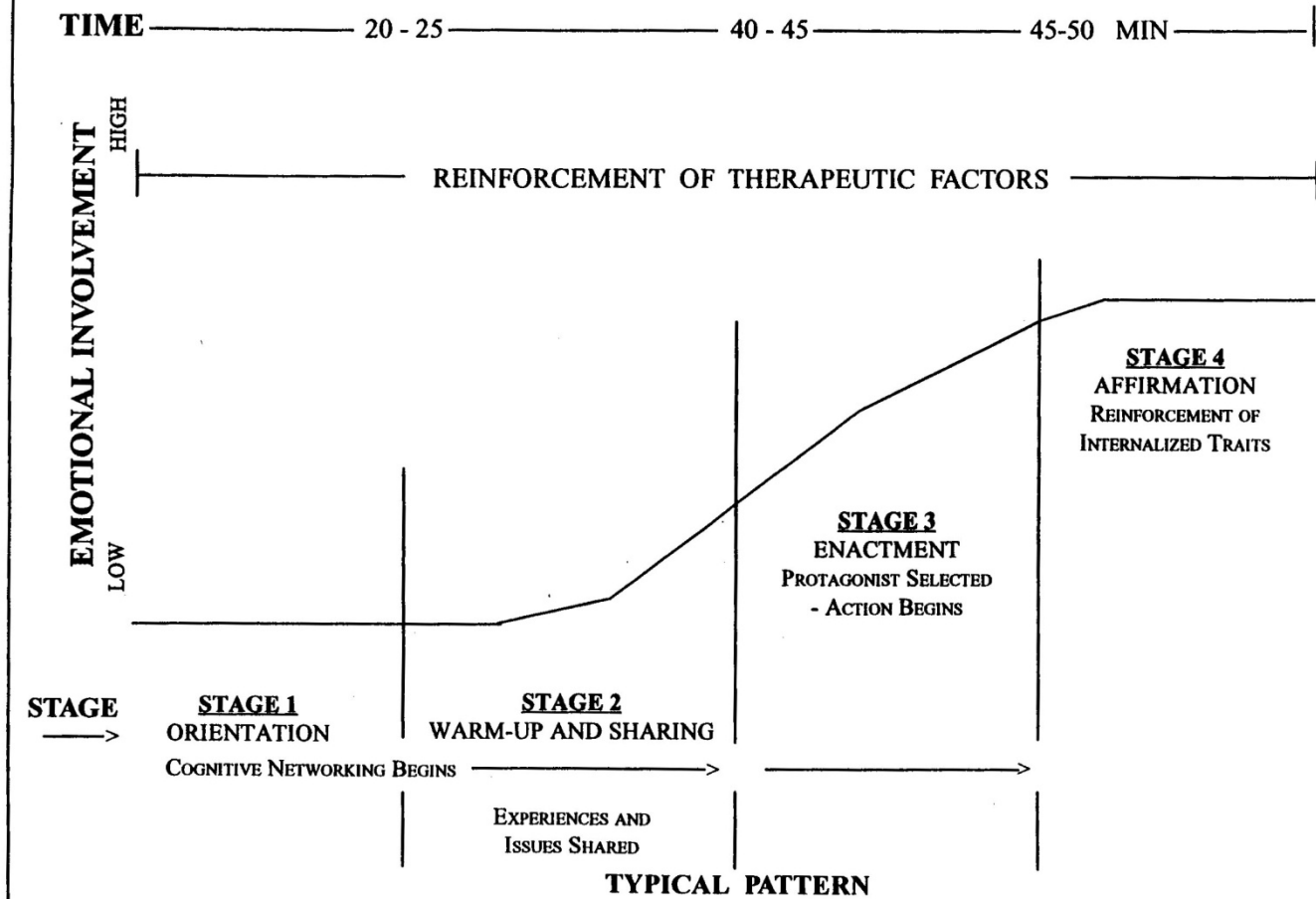
Interactive –Behavioral Therapy Action Process In Group Work: 4 Stage Modification

- **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.

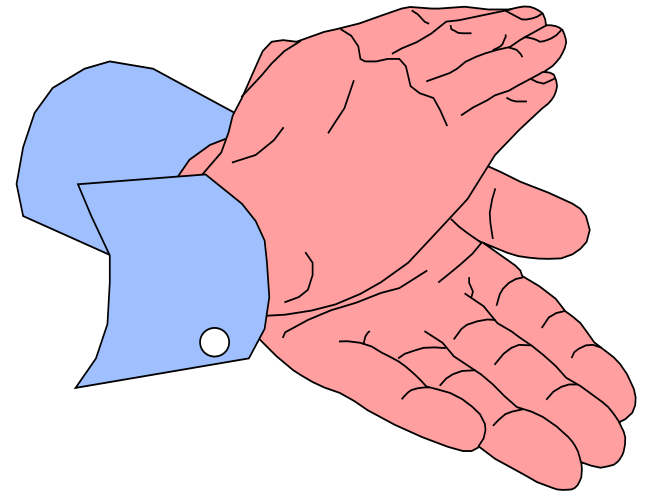
Enactment

(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

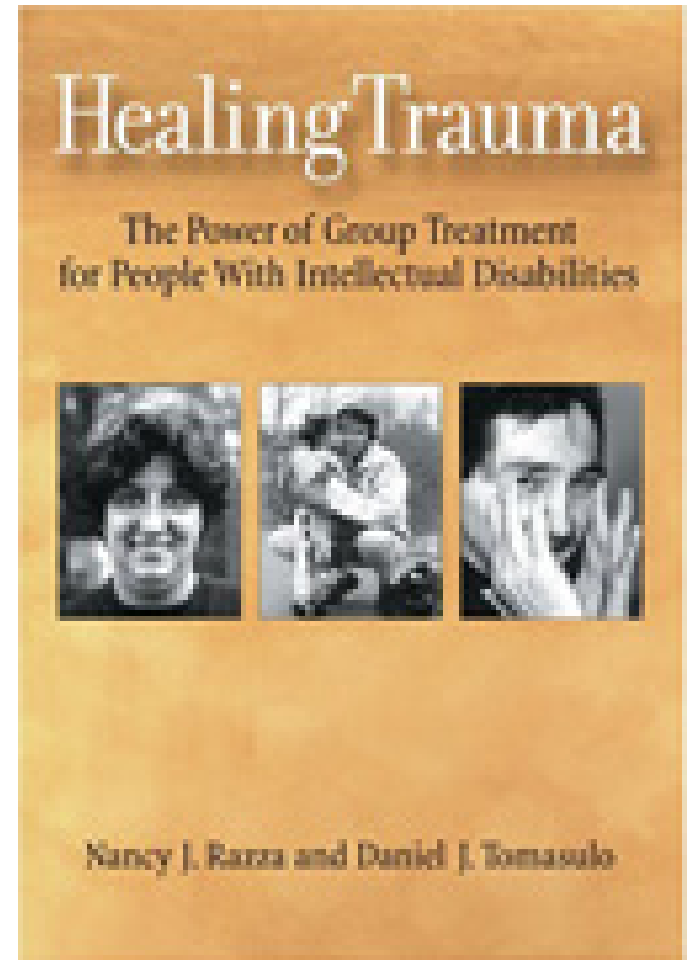
- *Linda Daniels, Psy.D.* *Global Assessment of Functioning*
(J. of Psychotherapy Practice & Research 1998; 7:167-176)
 - *IBT Treatment*
Vs
 - *Waiting List*
(20 subjects each)
 - **16 sessions**
(50 minutes each)
- | | <u>TREATMENT</u> | | |
|--|------------------|---------------|-------------|
| |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

(Shameless Self Promotion)

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

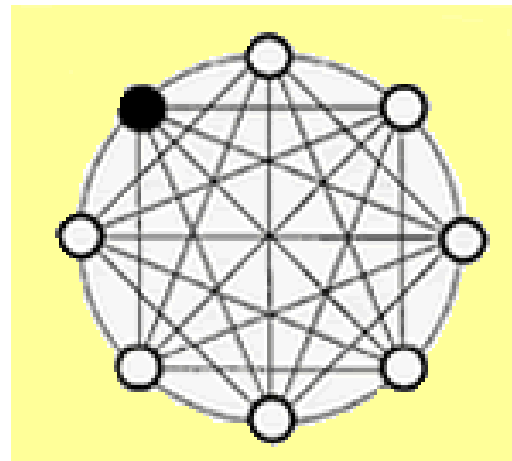
*Nancy J. Razza, Ph.D.,
Daniel J. Tomasulo, Ph.D.*

*APA's **first book** on people with intellectual disabilities. Available at Amazon, Barnes and Noble and the APA*



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FormerChild.com

PsychCentral.com Proof Positive

The R Word: Sticks, Stones and Rosa's Law

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are needed to see this picture.

*Sticks, Stones and the **R** Word*

Winner

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