

Adapting Psychotherapy for People with I/DD : Julie Gentile, M.D., 2017

Flexible Sessions	Length of therapy sessions should match the individual's attention span. For some patients, this may be no longer than 30 minutes.
Simplifications of Interventions	Break down intervention into smaller segments and reduce the complexity of the techniques being utilized.
Augment interventions with activities	Use of activities can help to deepen change and learning and may include the use of drawing, therapeutic games, role play, and homework assignments.
Involve caregivers	Important source of collateral information necessary to ascertain progress between sessions
Increased length of care	Most research indicates that a longer length of treatment (1 to 2 years) is a best practice with this population. This allows the psychotherapy to move at a slower pace so that the clinician can spend additional time on each intervention utilized, ensuring that the skills being taught are internalized. It also allows for the inclusion of additional treatment stages which may be necessary.