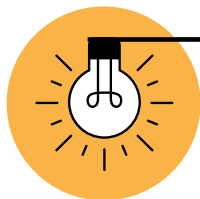




THURSDAY THOUGHTS

on Intellectual and Developmental
Disabilities (I/DD)

Issue 10 - September 22, 2022



DID YOU KNOW?

Both Psychology and Behavior Analysis are foundational in helping people so they can live their best life.

A social science that focuses on how brain functions, feelings, and behavioral health influence people.

Psychology

Behavior Analysis

A natural science that focuses on how biological, pharmacological, and experiential factors influence behaviors.

Behavior Analysis and Psychology Overlap

Benefits:

- Help people solve problems they care about
- Goal to acquire adaptive behavior
- Evidence Based
- Describe, explain, predict, & improve behavior

Strategies:

- Mindfulness
- Self-Regulation/Self-Management
- Values Development
- Systematic Desensitization
- Social-emotional skills
- Self-care
- Problem-Solving Skills

Psychology

Analyzes thoughts, feelings, and behavior through intellectual/cognitive and personality assessments.

Treatment Models:

- CBT
- EMDR
- Exposure Therapy
- DBT
- Motivational Interviewing
- Psychodynamic Therapy
- Solution Focused Therapy

Behavior Analysis

Analyzes the environment in relation to internal and external behavior through function and skill based assessments.

Treatment Models:

- Acceptance & Commitment Therapy
- PEAK Relational Training
- Early Intensive Behavioral Intervention
- Accept, Identify, Move Curriculum
- Skill Based Treatment
- Essentials for Daily Living
- Trauma Informed ABA Therapy

Get involved in developing content and providing feedback – Jessica.Bounds@dmh.mo.gov

Click the link to be taken to the [DMH Missouri Alliance for Dually Diagnosed \(MOADD\) website](#).