

## Modified Dialectical Behavioral Therapy with Developmentally Disabled Children

<b>Program Description</b>	A modification of dialectical behavioral therapy for a population of traumatized developmentally disabled children and adolescents. This treatment includes major components of Linehan’s treatment package modified for the developmentally disabled. Examples of modifications include extended time period for doing skills module, handouts modified to be more visual, and multisensory daily diary sheet has pictures and words.
<b>Target Population</b>	Ages 10–14: for children/youth in day treatment program, developmentally disabled trauma survivors of child abuse, and children with symptoms of PTSD, anxiety, depression, and disruptive behavior disorders.
<b>Essential Components</b>	Includes all major components of Linehan’s treatment package, including a skills training group, individual therapy, use of diary sheets, and careful monitoring of the children’s’ progress and ongoing staff training.
<b>Trainings &amp; Program Material</b>	All clinicians are trained in Linehan’s beginning and intermediate program. Supervision with more advanced skills provided two-to-three times a month. Supervision for first year. All clinicians receive weekly peer supervision group and once-monthly outside supervisor. Manual not currently available—there are plans to develop adapted skills manual similar to Linehan’s
<b>Outcomes/ Evaluation</b>	No formal outcome studies being conducted, but program used daily diaries and behavior management points as well as critical incident logs.
<b>Replications</b>	None yet. Some natural replication with graduate student who will implement this next year in Michigan.

<b>Anecdotal Observations</b>	Initial response of staff is enthusiastic
<b>Program Developer</b>	Aurora Mental Health Center, Aurora , CO .
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