

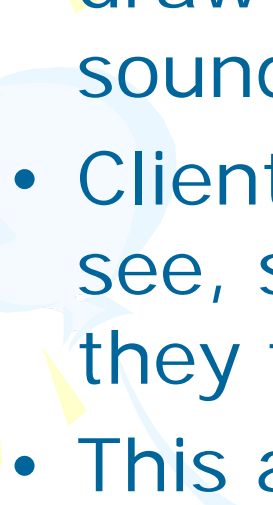



# **Therapeutic Interventions**

## **Anxiety**



# Gradual Relaxation

- Yvonne Dolan recommends having clients draw an eye, ear, and hand for sights, sounds, and body sensations.
  - Clients would then cite something they see, something they hear, and something they feel.
  - This activity can be initiated going from 5 – 1 and helps orient clients to the present.
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# Relaxation Planet

- Take a relaxation break on your own “planet”.

The planet should be symbolic of all the items that a client prefers when in control.

- Client & therapist can make a list together of preferences & then therapist can help the client relax by talking about the sights, sounds, and feelings of that “planet”.

# The Ruler Game - Hierarchy of Fears

- Systematic desensitization is one intervention that nearly all therapists have utilized at one point or another to help clients conquer anxiety.
- One adaptation of systematic desensitization that has worked well with individuals with developmental disabilities is to play "The Ruler Game".
- To play, the client drops the ruler with one hand and catches it with the other. The number closest to the index finger is the where the client tells an anxiety provoking event.

# The Ruler Game - Hierarchy of Fears – Con't

- The game ends when the client has caught the ruler at all 12 numbers.
- The ruler game can also be used to help clients rank interests, problems, people they like, etc.



# Anxiety & Biofeedback

- Teach the consumer biofeedback techniques to increase their relaxation skills. This will take some time and may be easiest when the consumer uses a thermometer to measure temperature in the fingers.