

IDD/ASD Differences and Challenges

The “Matrix”

	Verbal Language Comprehension	Visual-Spatial Competence	Willingness/ Motivation	Generalization of Skills
TF-CBT Skills	Psychoeducation/ Parenting Skills	In-range books and stories; flash cards	Behavior charts; trauma picture cards “What Do You Know” game	Visual schedule, routine, move slowly at first Provide psycho-education to other systems (i.e., school, social services)
	Relaxation	“Pizza” breathing; “noodle” practice	Movement-based Yoga practice; videos and apps	Interest-based alternatives; substitute distraction Video modeling; practice yoga at home; chart progress with reinforcers
	Affect Regulation	Emotion game apps, emoji charts; Zones of Regulation	“Check your engine” Alert Program; Parking Space game; feelings thermometers	M&M emotions game; Power Cards Practice in school, community settings
	Cognitive Coping	Thought bubbles, “worry bugs”; “true-false game”	Thought bubbles; Comic-Strip Conversations	Triangle of Life app; Playing CBT game Stop sign at home/ school: “Stop and Think”; “When” reminders
	Trauma Narrative	Have parent/caregiver in session as “interpreter”	Draw cartoon narrative/ use pictures/ collage	Short narrative session followed by special interest play Consider keeping the narrative in “safe space” or clinician’s office
	In-Vivo Desensitization	Use roller coaster or child-specific analogies	Habituation chart	Reinforce small “ladder rungs” Hierarchies for home, school, community
	Safety Skills	In-range books and stories; Circles Curriculum/app	Pictures, tables, charts; Circles app	Address parents’ concerns about topics; reinforce practice Use Circles colors for door, bathroom, wear reminder bracelet; engage school personnel