



Integrating PBS with Cognitive Behavioral Therapy (CBT) to Treat Anxiety in Youth and Adults with IDD-Intensive Series

Wednesday, May 1, 2024 on Zoom • 9:00–11:30 a.m. CT

Friday, May 10, 2024 on Zoom • 9:00–11:30 a.m. CT

This event is free, but prior registration is required. [Click here to register.](#)

Questions?
Please email pbs@umn.edu

Who

This training is intended for people who have experience with Positive Behavior Support (PBS) and or have attended ICI's PBS Intensive Series.

What

In the fall of 2023, the Institute on Community Integration hosted the first of four sessions highlighting different types of positive supports that can help improve quality of life. An initial awareness training on the topic of CBT and PBS was held; the upcoming training in May builds off of that initial training and digs deeper into the topic as part of an intensive series.

This training will discuss how to assess anxiety as part of a functional behavior assessment (FBA) as well as how to address anxiety in a family-based PBS plan. We will present a variety of strategies for assessing anxiety. Multiple interventions that use both PBS and CBT will be discussed.

Strategies that will be discussed in this training include —

- Gradual exposure,
- Psychoeducation,
- Cognitive restructuring,
- Incorporating “special interests” into treatment,
- Increasing predictability,
- Providing choices,
- Modelling and/or verbally prompting responses,
- Positive reinforcement,
- Minimizing reinforcement/accommodation,
- Teaching a competing response,
- Functional Communication Training (FCT) and,
- Relaxation responses.

Many providers want to address mental health problems in individuals with IDD, but do not know how. This presentation aims to empower more providers to treat anxiety in individuals with IDD.