

IDD/ASD Differences and Challenges

The “Matrix”

TF-CBT Skills

	Verbal Language Comprehension	Visual-Spatial Competence	Willingness/ Motivation	Generalization of 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