
Outside the Square

psychology



Intervention Techniques

Our psychologists have experience in delivering the following interventions:

- Anxiety management programs
- Applied Behaviour Analysis (ABA)
- Behaviour management strategies/writing behavioural plans
- Comic Strip Conversations™
- Cognitive Behaviour Therapy (CBT)
- Counselling
- Discrete Trial Training (DTT)
- Functional assessment of challenging behaviour
- Functional communication training
- Incidental teaching
- Naturalistic teaching methods
- Lovaas Method (Intensive behavioural intervention, using ABA and DTT)
- Parent education programs
- Picture Exchange Communication System (PECS)
- Picture schedules
- Positive Behaviour Support
- Skills building sessions
- Social Scripts
- Social Stories™
- Social skills training
- Visual supports
- Visually-cued instruction
- Visual schedules

Your psychologist will recommend and use different techniques depending on each child's needs. Your psychologist may also provide parent training to enable use of these techniques at home.