

Sent on Behalf of DES/DDD

# JOIN THE DDD BEHAVIORAL HEALTH ADMINISTRATION VIRTUAL LUNCH AND LEARN EVENT

Target Audience - Qualified Vendors and Providers

Transmittal Date - 05/28/2025

The Division of Developmental Disabilities is hosting monthly Lunch and Learn Sessions.

## Next Session

- **Date:** Wednesday, June 18, 2025, from 12:00 p.m. to 1:00 p.m.
- **Topic:** Adapting Counseling Techniques to Meet the Needs of Individuals Diagnosed with an Intellectual or Developmental Disability (I/DD)
- **Presenter:** Susanne Arnold, Ph.D., Licensed Psychologist, Behavioral Health Administrator, Division of Developmental Disabilities
- [Register in advance](#)
  - A confirmation email will be sent to the email address registered with the option to add the event as a calendar listing on the user's default calendar application. Users who experience a delay in receiving the email should check their spam folder.

## Session Description

This session will provide an overview of various counseling modalities and ways to modify or adapt the service to best meet the needs of individuals who are seeking counseling and have an I/DD diagnosis. The presentation will include an overview of Mindfulness Techniques, Positive Psychology Practices, Cognitive Behavior Therapy, and recommended adaptations. There will also be a discussion of the importance of offering family counseling and family support, as needed, to support the families of Division members.