

# Therapy Services



## What?

AOWL is providing therapy services. We have two different branches, psychotherapy and Intensive Behavior Intervention.

The purpose of Psychotherapy is to provide Individual and family therapy that addresses the social-emotional needs of families whose loved-one struggles with mental health.

The purpose of the Intensive Behavior Intervention is to provide medically necessary early intensive intervention that targets the functional skills and core deficits of people with ASD and related conditions. As well as:

- Educate, train and support students, parents and families
- Promote students' independence and participation in family, school and community life
- Improve long-term outcomes and quality of life for students and their families

Psychotherapy and therapy utilizing applied behavior analysis improves the quality of life of an individual in early childhood, adolescence, and even later in life for students on the autism spectrum or with related learning differences.

## Why?

Why is this necessary? Don't you already provide extraordinary supports within the classroom?

Currently, our behavior department works with our teachers and how teachers can adjust what they are doing to create a more successful learning environment for the students. Intensive behavior intervention would work with the students to teach new skills so the students can become independently successful.

Our teachers are highly qualified in how to teach academics to students with autism and related learning differences, but our teachers are not behavior therapists. The behavior therapist focuses on behavioral goals, allowing the teacher to focus on academic goals. A behavior therapist will teach skills to reduce maladaptive behaviors, increase learning readiness skills, review progress periodically and make adjustments as needed. Teachers and Behavior Therapists working together in a consistent manner will provide the greatest benefit for the student.

Additionally, ABA methods are useful for helping individuals and families manage some of the difficult behaviors that may occur in the home or community. Our IBI services will allow our Behavior Therapists to come alongside families so that the student has consistent expectations at school, home and in the community.

## Who?

The need for outpatient therapy or intensive behavior intervention is determined by Katie Thormodsgaard, MSW LICSW, during a diagnostic assessment.

## When?

Psychotherapy - Starting February 1st for private pay clients. Intensive Behavior Intervention - March 1st for private pay clients. \*Currently working with commercial insurance companies, and MN Dept. of Human Services to be an in-network provider.

## How?

Call **952-737-6933** or email **therapyservices@aowl.org** for more information