Making Treatment Accessible to Deaf Individuals and Visual Learners

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Treatment with Visual Learners

What Is a Visual Learning Style?

- Learn best using IMAGES, PICTURES, COLORS, MAPS

Who Are Visual Learners?

- Deaf people
- Architects
- Designers
- Engineers

Why Should We Adapt?

- To make treatment more...
- ENGAGING
- RELEVANT
- SUCCESSFUL

Let's see some examples...
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PICTURES
COLORS
MAPS

Who Are Visual Learners?

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Architects
Designers
Engineers
Etc!
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Psychoeducation
Understanding Depression

What are the signs of depression?

If you have had any of these symptoms recently—especially if they've been present for two or more weeks—you may have clinical depression. If you suspect clinical depression:

- Persistent feeling sad, empty, or without interest in what's going on around you
- Difficulty concentrating or making decisions
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Difficulty sleeping or oversleeping
- Thoughts of death or suicide
- Persistent negative thoughts

Sometimes depression can manifest as anxiety, with symptoms such as:

- Trouble sleeping
- Ruminating
- Preoccupation with unpleasant or negative events
- Fear that something bad might happen

Depression is invisible. The first step is to seek help.

Please talk to us.
Visual (ASL)

Personal Safety Plans
- Used to help clients develop a personalized plan of calming strategies in advance of a crisis by identifying:
  - Helpful calming strategies
  - Triggers
  - Signs of distress
  - Preferences for emergency procedures
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Mood Journals

- Core tool used in multiple therapy approaches, including Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT)
- Used to help clients:
  - Monitor their feelings
  - Identify triggers to mood changes
  - Evaluate the effectiveness of coping skills
  - Track short- and long-term mood patterns
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Visual
REFERENCES


