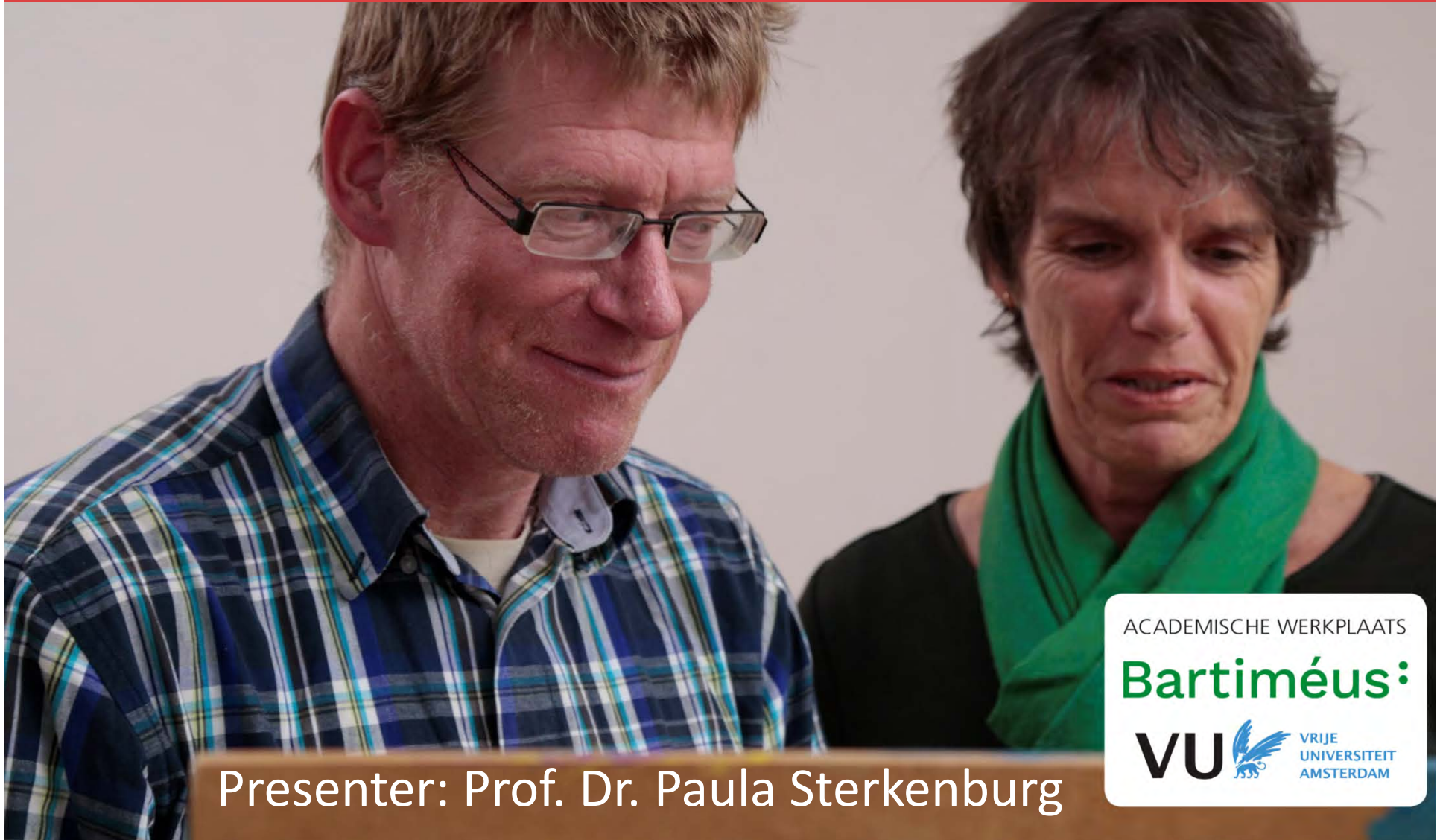


# The possibilities of persons with an intellectual disability first. Individualized treatment of people with intellectual disabilities and challenging behavior



Presenter: Prof. Dr. Paula Sterkenburg

ACADEMISCHE WERKPLAATS

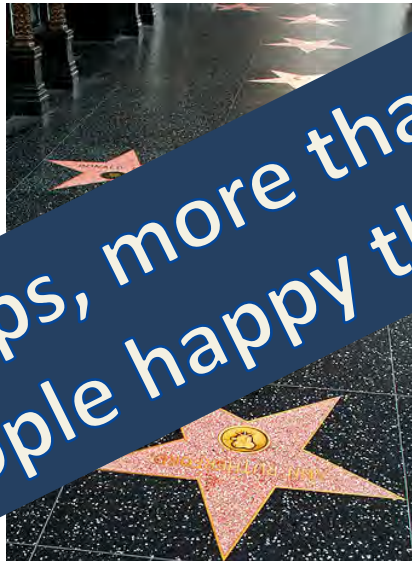
**Bartiméus:**

**VU**  **VRIJE  
UNIVERSITEIT  
AMSTERDAM**

# WHAT MAKES YOU HAPPY?



# WHAT MAKES PEOPLE HAPPY?



**'Close relationships, more than money or fame, are what keep people happy throughout their lives'.**

# WHY ARE WARM CARING RELATIONS IMPORTANT?

Woman placed in a MRI

- 1) With partner holding hand
- 2) With stranger present
- 3) Alone



Coan, (2011). Adult attachment and the brain. *Journal of Social and Personal Relationships*, 27(2), 210-217

# WHY ARE WARM CARING RELATIONS IMPORTANT?

Important others:

- Help with regulation of stress
- Experience less stress as others will help if needed

The caring relationship brings the other back to the baseline

*Absence* of the caring relationship gives stress and anxiety



# SOCIALE BASELINE THEORY

Danger



Secure important other

Vigilance  
outsourced



# SOCIALE BASELINE THEORIE

Danger



Well-known other

Vigilance  
outsourced



A



B



C



D

# SOCIALE BASELINE THEORIE

Danger



Unknown other

Vigilance  
outsourced



A



B



C



D



# SOCIALE BASELINE THEORIE

Danger



No other / alone

Vigilance  
outsourced



A



B



C



D

# SOCIALE BASELINE THEORIE

Danger



Behaviour problems /  
challenging behaviour

Vigilance  
outsourced



# SOCIALE BASELINE THEORIE

Danger



Vigilance  
outsourced



# SOCIALE BASELINE THEORIE

Danger



Vigilance  
outsourced



A



B



C

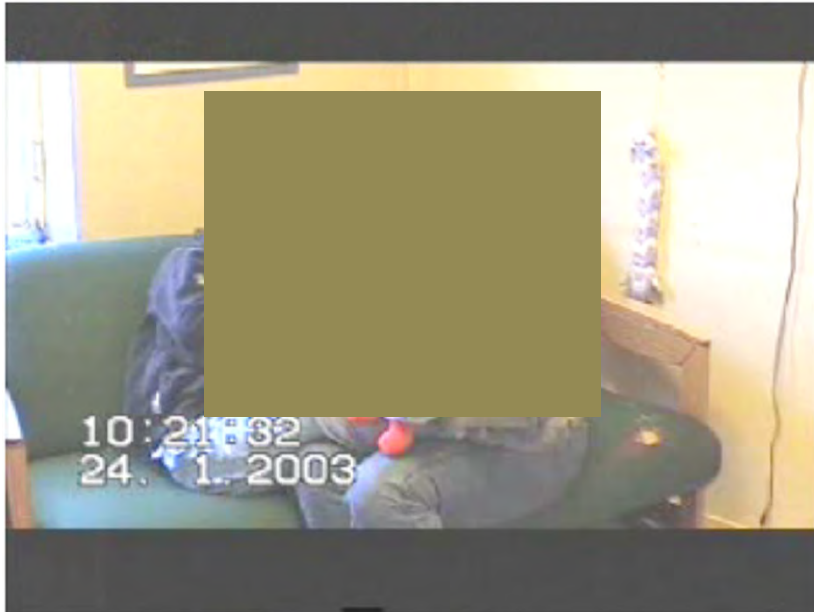


D



# SOCIALE BASELINE THEORIE

Danger



Vigilance  
outsourced



A



B



C

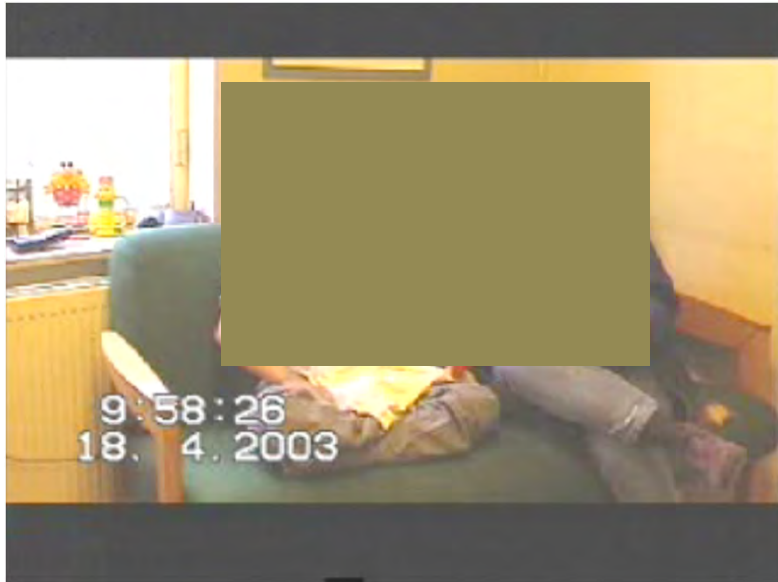


D



# SOCIALE BASELINE THEORIE

Danger



Vigilance  
outsourced



A



B



C



D



# POLICY IN CARE IN THE NETHERLANDS



Law in the Netherlands – 2020  
'Zorg en dwang'

'No, unless'

This means that restriction of freedom or involuntary care may in principle not be applied, unless there is a serious disadvantage for the client or his environment

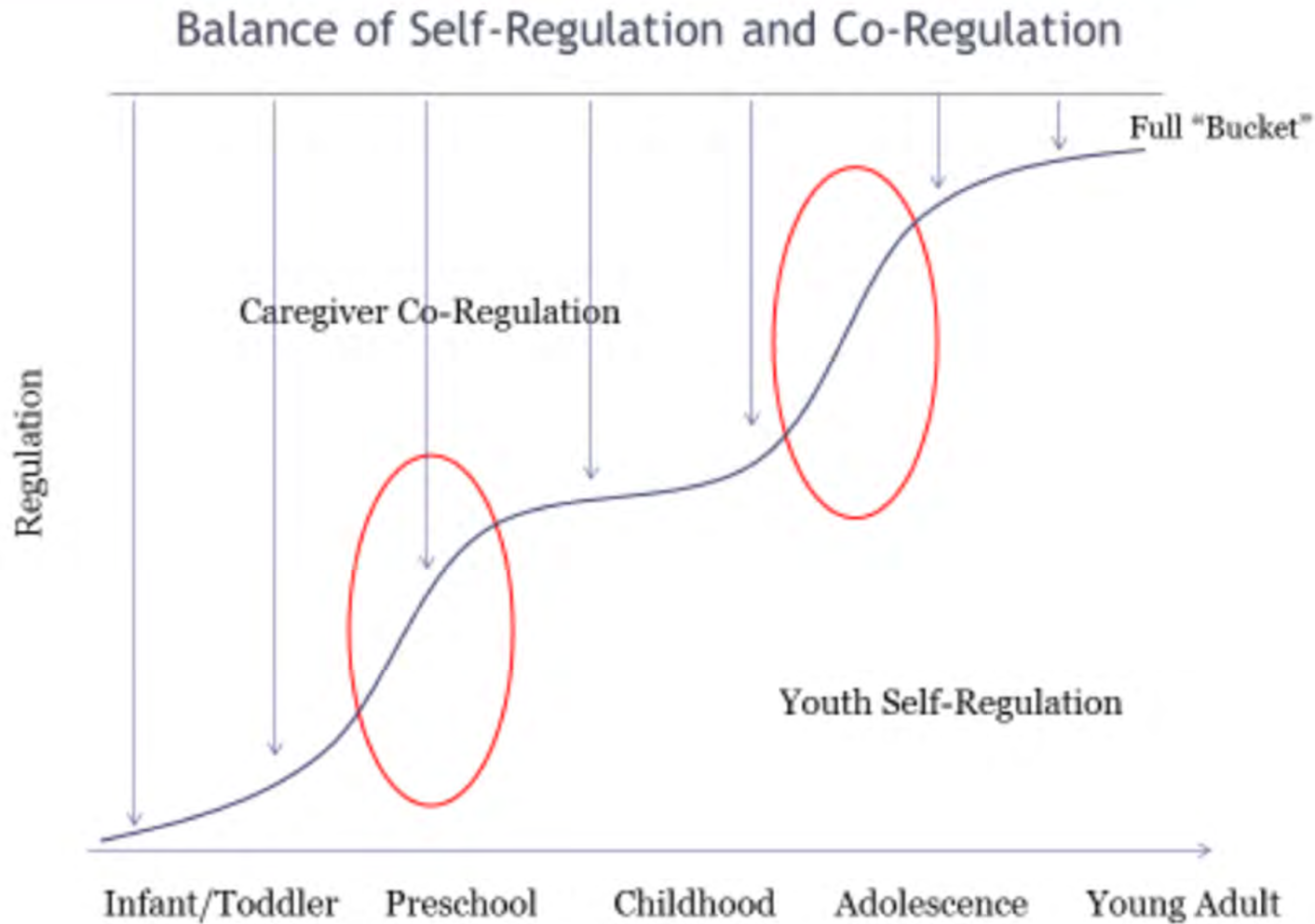


# REDUCE RESTRICTIONS IN FREEDOM: HOW?





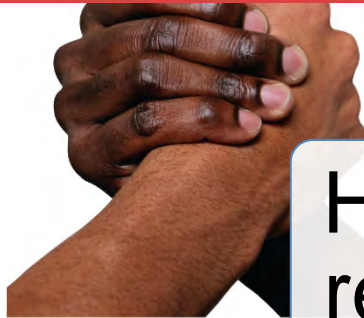
# CO-REGULATION



Murray et al. 2015

# CO-REGULATION TO SELF-REGULATION

Provide warm,  
responsive  
relationship



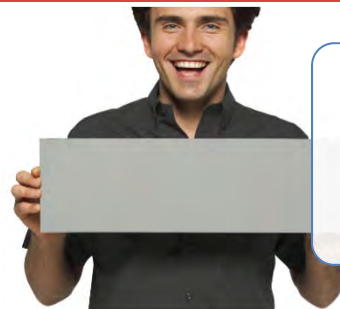
Help to  
regulate

Structure the  
environment



Safe,  
predictable  
routines and  
day activities

Teach / coach self-  
regulation skills



Modelling, support,  
mentalizing attitude

# SAFE, PREDICTABLE ROUTINES



Richard	
09.30 uur	
10.00 uur	
10.30uur	Koffie drinken
10.45uur	
11.00uur	
11.30uur	
12.30uur	Lunch
13.00uur	
13.30uur	
14.00uur	
15.00uur	Einde van de dag

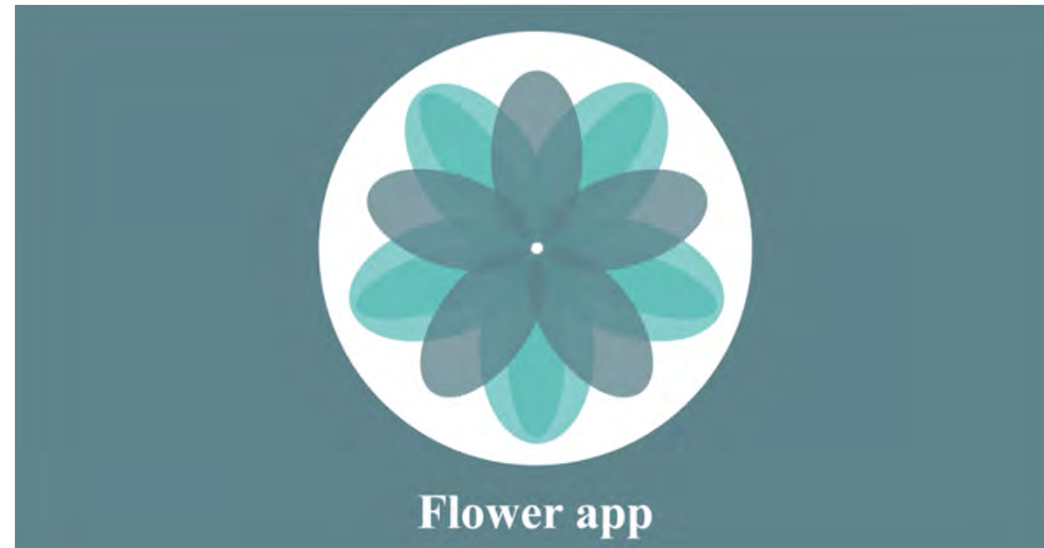
## Koken op vrijdag

10 Januari		Nieuwjaarsreceptie
17 Januari	(Marijn)	Jouw keuze dit keer
24 Januari		Boerenkool stampot - gehaktbal - Kip Madras
31 Januari	(Marijn)	Tjap Tjap - kippendijfilet
7 Februari		Spruitjes ovenschotel (recept Ronald)
14 Februari	(Marijn)	Nasi - kippendijfilet - gebakken ei - casave kroepoek
21 Februari		Quiche
28 Februari	(Marijn)	Jouw keuze dit keer
6 Maart		Andijvie stampot - Gehaktbal - spekjes
13 Maart	(Marijn)	Surinaamse bami
20 Maart		Spaghetti carbonara - spekjes - parmezaanse kaas - peterselie - knoflook
27 Maart	(Marijn)	Thaise curry met sperziebonen en ei
3 April		Ovenschotel gehakt met prei en kaas
10 April	(Marijn)	Jouw keuze dit keer
14 April		Macaroni - kip shoarma
17 April		Lasagna
24 April	(Marijn)	Jouw keuze dit keer

# DAY ACTIVITIES



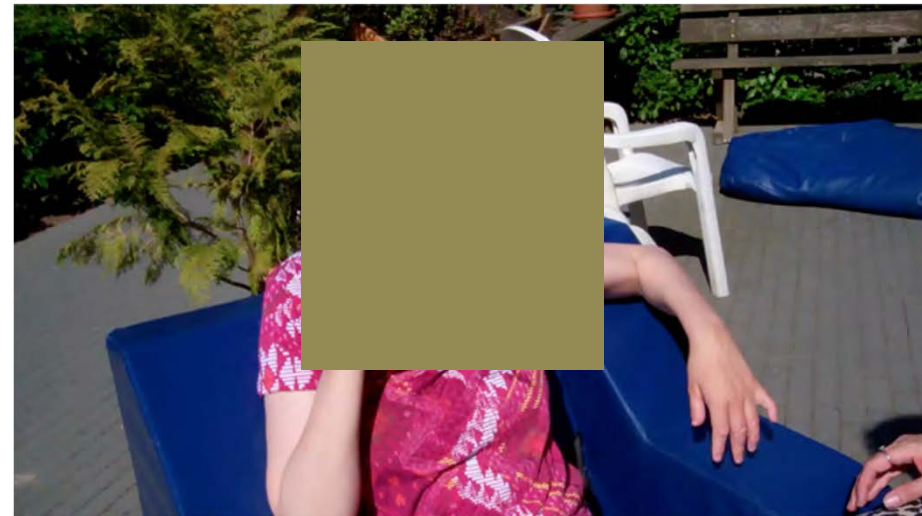
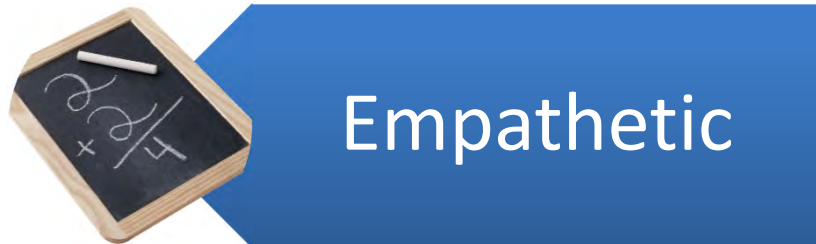
# INSIGHT IN STRESS





## Sense - a biofeedback system to support the interaction between parents and their child with the Prader-Willi syndrome: a pilot study

# RELATIONSHIP BUILDING



# COPE WITH STRESS

CHAOS

INTEGRATION

RIGIDITY

Window of tolerance (Pat Ogden)



# COPE WITH STRESS

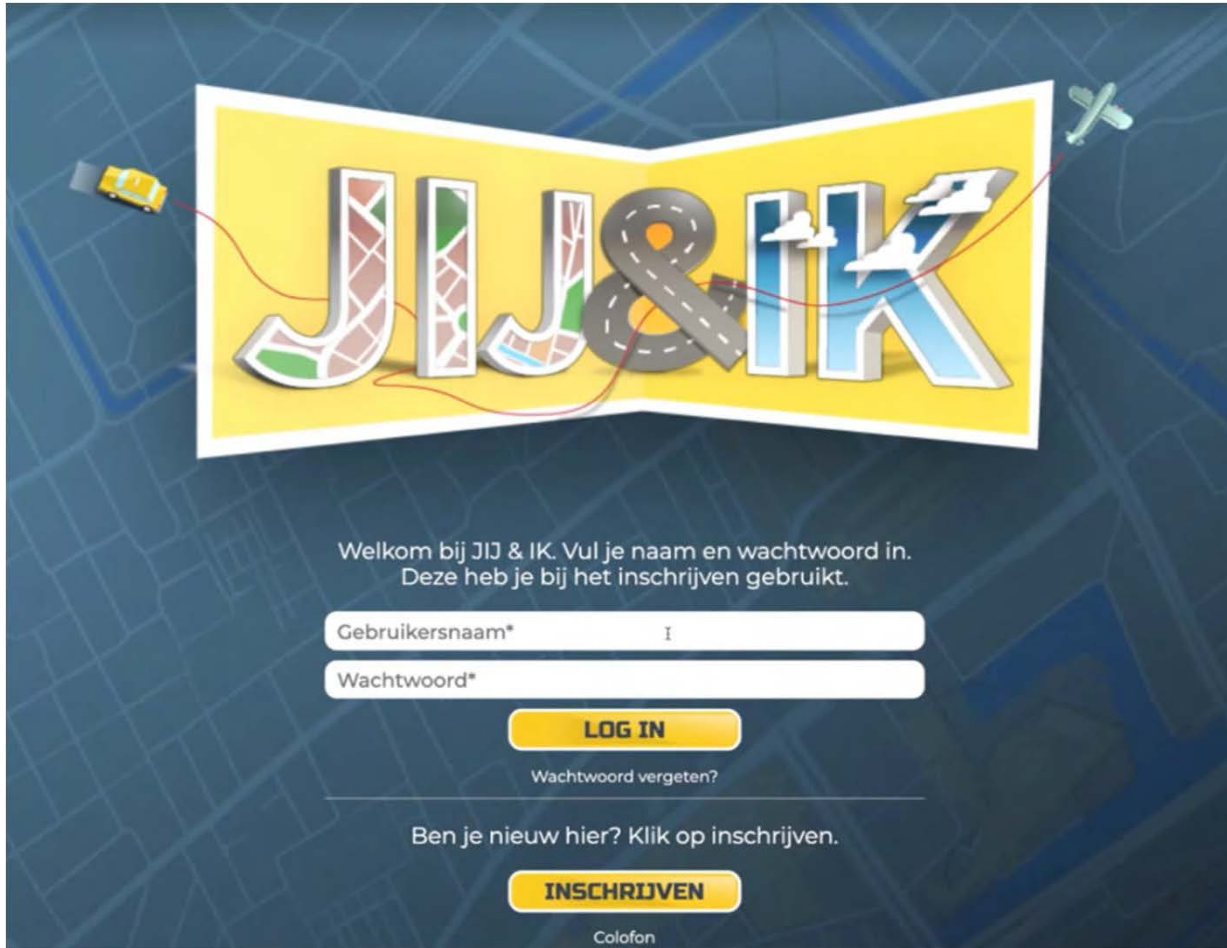
**CHAOS**

**INTEGRATION**

**RIGIDITY**

Window of tolerance (Pat Ogden)

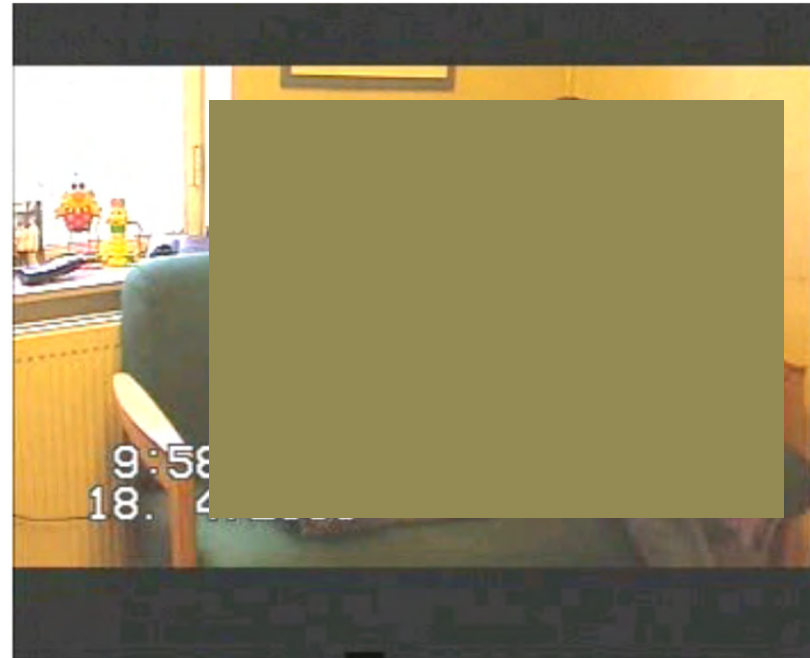
# SELF - REGULATION



Stimulate  
mentalizing and  
stress  
regulation  
through a game  
'You & I' for  
adults with ID  
(IQ 50-85)

# SECURE RELATIONSHIPS WITH OTHERS

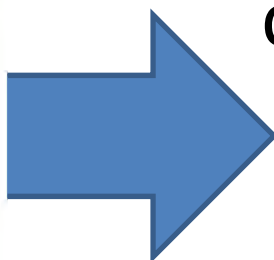
Integrative therapy for attachment and behaviour



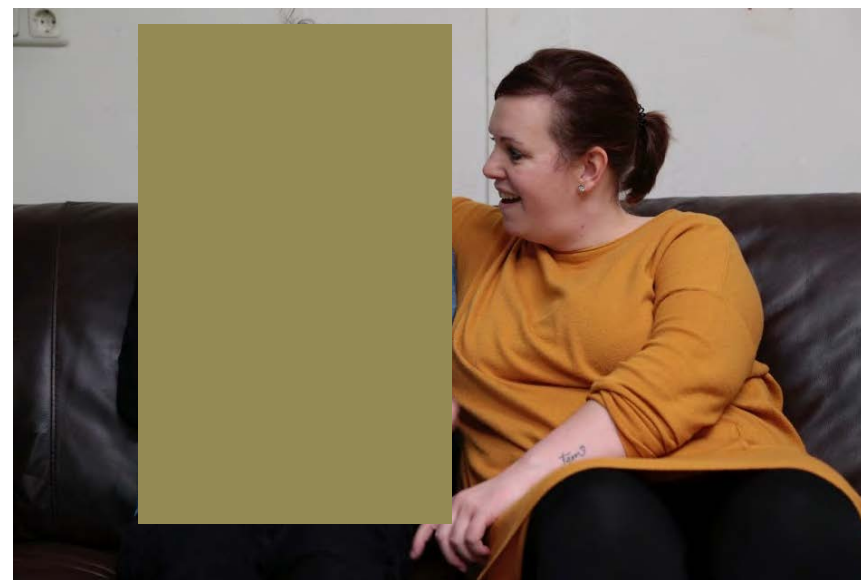
[http://www.nji.nl/nl/Kennis/Databanken/Integratieve-Therapie-voor-Gehechtheid-en-Gedrag-\(ITGG\)](http://www.nji.nl/nl/Kennis/Databanken/Integratieve-Therapie-voor-Gehechtheid-en-Gedrag-(ITGG))

Sterkenburg, P.S., Schuengel, C. & Janssen, C.G.C. (2008) *Disability and Rehabilitation*. 30(17), 1318-1327.

# SENSITIVE CARE-GIVING



Increasing knowledge on sensitive and responsive caregiving for parents and caregivers through multiple choice questions





# THANK YOU FOR ATTENTION



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**Bartiméus:**



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UNIVERSITEIT  
AMSTERDAM



**FOR MORE INFORMATION SEE:**

<https://research.vu.nl/en/persons/paula-sterkenburg>

*Sterkenburg PS, & Vacaru VS.* The effectiveness of a serious game to enhance empathy for care workers for people with disabilities: a parallel randomized controlled trial. *Disabil Health J.* 2018;11:576–582.

*Van Wingerden, E., Wouda, M., & Sterkenburg, P. (2019).* Effectiveness of m-learning HiSense APP-ID in enhancing knowledge, empathy, and self-efficacy in caregivers of persons with intellectual disabilities: a randomized controlled trial. *Health and Technology.*

