

Group Therapy for Self-determination and Self-advocacy in Adults with Intellectual Disabilities – A Case Study

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The group therapy intervention presented in this article describes a group for adult participants with developmental intellectual disabilities employed in the community in a supported employment framework. People with intellectual disabilities describe feeling socially isolated at work and perceive themselves as not having the power or the ability to exercise control over their lives. The group therapy and the interaction within the group enable the participants to improve their interpersonal skills, extend their range of coping strategies and enhance their sense of having control over their lives. The goal of the intervention is to enhance and improve the self-determination and self-advocacy skills required by the participants in their work settings. This group is modelled after the psycho-educational model which emphasizes "process" and "content". It relates both to the acquisition of skills and the inter-group dynamic as a means of attaining interpersonal skills and developing self-awareness. This article presents an integrated view of occupational therapy and group leadership knowledge in the rehabilitation-therapy process.