



SPECTRUM Services

“Helping **you be you** in this social world we live in”

BEHAVIOR THERAPY / EXECUTIVE FUNCTIONING COACHING

Spectrum provides Behavior Intervention and Executive Functioning Coaching services in the clinic and community settings. Our specialists work with clients and their family to address their unique needs and create a personalized plan of action.

Behavior Therapy

- Identify the triggers of the undesired behavior
- Teach skills needed to manage the undesired behavior when it does occur
- Identify interventions needed to prevent the undesired behavior
- Teach skills needed for a new, desirable, replacement behavior
- Reinforce (and teach others to reinforce) the new behavior so it replaces the undesired behavior

Executive Functioning Coaching

- Organization and Planning
- Communication
- Emotional Regulation
- Inhibition
- Assertiveness
- Self- Monitoring
- Working Memory
- Transitions/Shifts
- Problem Solving
- Time Management
- Parent Support

To learn more about Spectrum Social and Recreation Services please visit our website at <https://www.spectrumsocial.net> or call the office at (512)524-5482