

## SELF MANAGEMENT

### **Brake Shop Service Package: Virtual Treatment**

It is important to learn strategies and techniques for adjusting to the way your brain works, and for adjusting your behaviours so that you don't get into trouble anymore (i.e. make you a safe high-speed driver!). **In this Service Package, we provide evidence-based treatment via online videos and downloadable worksheets for the treatment of explosive reactions or 'rage'.**

#### **Who Is This Toolbox For?**

- Children and adolescents experiencing significant, intermittent explosive episodes ('rage'). We refer to this as having a full frustration beaker. "Full Beakers" are how we describe feelings of being overloaded with too many pressures, demands or stresses unique to having leaky brakes. When a beaker overflows this can take the form of unmanageable anxiety, tearful "meltdowns", or rage:
  - have at least some symptom insight, and a motivation to change
  - can commit to scheduling specific times for practicing assignments each week
  - currently in a reasonably stable life situation
  - a mental age of at least nine years with overall cognitive functioning within the broad range of Average (IQ score > 80)
- **Symptoms Targeted For Treatment:** reactive anger borne of skill deficits in anger control.
- Treatment of any ADHD symptomatology has already been optimized. **It is best if any medications remain stable for the duration of treatment.**

#### **How This Toolbox Can Help:**

- Clients and those around them will become more aware of how 'Leaky Brakes', rather than intentional choice, contribute to the client's meltdowns.
- Through teaching, modeling, practice, and feedback, this Toolbox focuses on the development of three main skills:
  - **"What Fills My Beaker?"** (making rage episodes predictable)
  - **"How Do I Know My Beaker Is Filling?"** (making rage episodes preventable),
  - **"How Do I Empty My Beaker?"** (decreasing the intensity and frequency of rage episodes).
- Improving problem-solving between clients and others is also a major component of this Toolbox.