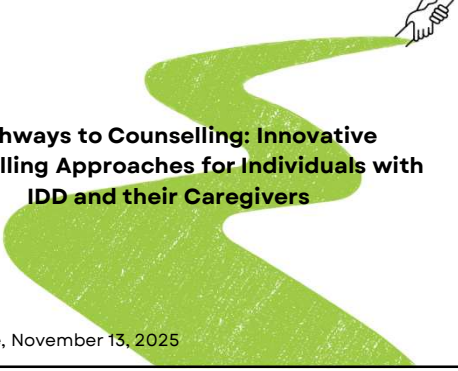




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**Pathways to Counselling: Innovative
Counselling Approaches for Individuals with
IDD and their Caregivers**

OADD Conference, November 13, 2025

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Our pathway:

- Needs identified
- Planning and learning
- Implementation
- Evaluation
- Future implications





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Needs



Clients



Counsellors



Caregivers

3

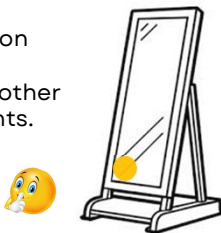
 **Planning and Learning**



4

 **Drama Therapy exercise**

- Without talking, face the person beside you and move your hands/arms/upper body; the other person mirrors your movements.
- Without talking, switch roles.



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 **Implementation**

- Pilot project (August 2023)
- PTC Program (September 2024)
- Clients served: 22
- Caregivers served: 8
- PTC meetings



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Implementation

- Counsellors participating: 12
- 13 Case managers, 1 PDP planner

Themes:

- ❖ Coping with stress and/or anxiety
- ❖ Dealing with anger, fear, loneliness
- ❖ Family conflict
- ❖ GBV-related issues
- ❖ Dealing with effects of trauma
- ❖ Loss and grief
- ❖ Impacts of discrimination and stigma



7

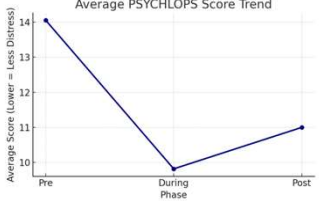


Evaluation

PSYCHLOPS: Psychological Outcome Profiles



Average PSYCHLOPS Score Trend



Phase	Average Score (Lower = Less Distress)
Pre	14
During Phase	10
Post	11

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Evaluation

Feedback from clients and caregivers

Supportive

Inspiring

Amazing

Fulfilling

Creative

Helpful

Accessible

Encouraging

Safe

Trust

Understanding

Great

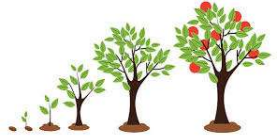
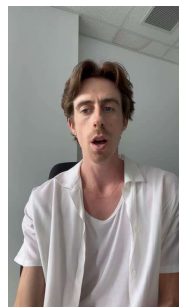
Insightful

Beautiful

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 **Evaluation**

Observations from counsellors:
Satha Vivekananthan MA, RP
Christopher Grondin MSW, RSW

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 **Future Implications**

- ❖ Increased capacity
- ❖ Opportunities for collaboration
- ❖ Position through TR-DSCM program



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 **Questions**



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