

Valeo Outpatient Psychotherapy Services

Treating Dual Intellectual Developmental Disability and Mental Illness



- People with intellectual disability have a much higher prevalence of mental illness
- Mental illness is commonly overlooked or misdiagnosed in people with a disability

It is estimated that as many of 30 to 40 % of people who have an intellectual developmental disability (IDD) also meet criteria for a mental illness (MI) and are dually diagnosed.

Types of therapy effective with combined IDD and MI:

- Cognitive Behavioral Therapy
- Supportive psychotherapy



Can Psychotherapy help?

In many cases, yes. Therapists who are trained and sensitive to the special issues involved with Intellectual disabilities can assess and recommend the intervention that might work best. Coordination with caregivers and family members is often helpful as part of the process.



“It is estimated that approximately 3 million Americans have intellectual disability...

Previously known as “mental retardation,” the terms used to identify this condition have changed over the years, mainly because of the heavy stigma associated with bearing its label...the American Association on Intellectual and Developmental Disabilities (AAIDD) and the Diagnostic and Statistical Manual on Mental Disorders (DSM), use the term “intellectual disability” and agree on defining intellectual disability as a “developmental condition that is characterized by significant deficits in both intellectual functioning and adaptive behavior, including conceptual, social and practical skills.”

Marc J. Tassé, PhD



➡ Deficits in intellectual functioning include the ability to reason, learn and problem-solve.

➡ Deficits in adaptive behavior include the ability to think before acting, to look at consequences of behavior, and to have common sense.