

Treatment Tasks for Psychoeducation and Skill Building

Psychoeducation

- Educate on the dynamics of abuse.
- Educate related healthy relationships.
- Educate on age-appropriate developmental norms.
- Educate regarding normal reactions.

Skill Building

- Teach and reinforce behavior management techniques.
- Develop safety plans.
- Teach safety skills.
- Teach coping skills.
- Teach and enhance positive behaviors/social skills.
- Teach relaxation techniques.
- Teach and improve communication skills.