

## Outcome of Group Therapy within the HMC Early Intervention Program

**AIM:** To demonstrate the effectiveness of Group Therapy in children recruited to the HMC Early Intervention Program over a period of 3 months.

### INTERVENTION ::

- Early Intervention Program was initiated with the concept of Family Centered Model Of Care.
- Group Therapy schemes were developed to support children in developing skills across all developmental domains by using Inter-Disciplinary model of services.
- Space and equipment were organized to promote group therapy activities in a child friendly environment.
- Group Therapy sessions were conducted using pre-planned activities incorporating use of modern technology as appropriate.
- Families were educated and later supervised to take active roles as the child progressed within the group.
- Over 150 infants and toddlers are receiving intervention in our program in group therapy schemes.
- 30 children were selected to demonstrate the success of group therapy schemes.
- Family feedback and opinion has been taken in consideration to develop this scheme further.

### TEAM:

- Dr Mariam Mustapha
- Ms. May Ibrahim
- Mr. Luay Abbas
- Ms. Ilse Du Preez
- Ms. Imene Ezzine
- Ms. Fatima Amoothussaini
- Ms. Anitha John
- Mr. Marwan Abu Dawwas
- Mr. Mohamed Hasher

### PROJECT SPONSOR:

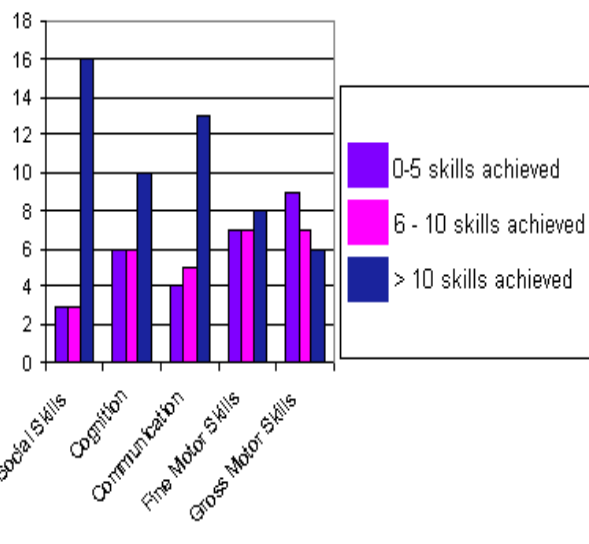
- El Team, Child Development Center

### Acknowledgements:

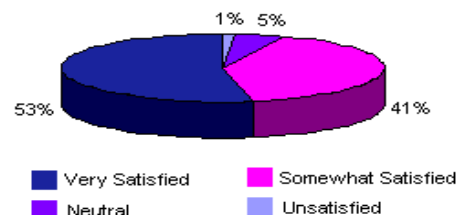
- Dr. Haitham Osman El Bashir
- Dr. Nawal Khalil Al-Haddad
- Ms. Fatmeh A. M. Mustafa

### RESULTS:

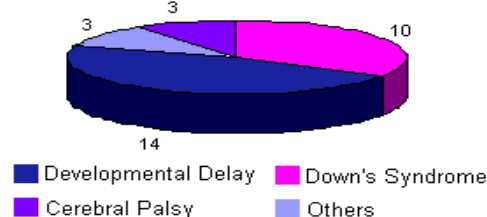
Carolina Curriculum-Number of skills gained



Family Satisfaction Survey Outcome



Diagnoses



### CONCLUSIONS:

- Our results demonstrated that children and their families who have been involved in group therapy benefitted a great deal and the children showed substantial improvement across all developmental domains.
- The concept of Group Therapy should be promoted to all children with special needs who may attend other settings, including children attending Pre-school Integration programs.
- Group therapy services could be seen as a way forward towards efficient use of time and resources.

### NEXT STEPS:

- To develop further group therapy sessions to be more specific towards child disability/diagnosis.
- Further formal training would be recommended to all staff involved in these activities.
- Further studies are required to establish the significance of group therapy over individual therapy approach.