

IPWSO MENTAL HEALTH ECHO



IPWSO Mental Health ECHO Summary

July 25, 2023: The design of services to meet the behavioural and mental health needs of children and adults with PWS

IPWSO presented the 5th Mental Health in Prader-Willi syndrome ECHO on the 25th of July, 2023. At this ECHO meeting the objective was to discuss the application of psychological models in the understanding of adaptive and maladaptive behaviours in people with PWS: Strategies building on individual strengths and reducing behaviours of concern occurring and their persistence over time.

Dr Norbert Hödebeck-Stuntebeck, Psychologist, Psychotherapist, and Supervisor, PWS-InterNational Institut, Germany, presented on the application of psychological models in the understanding of adaptive and maladaptive behaviours in people with Prader-Willi syndrome.

This presentation covered:

1. The complexity of human behaviour
2. Systemic view
3. Developmental age
4. Behaviour analysis
5. 5 elements of subjective perceived wellbeing

Kasey Bedard, Board-Certified Behaviour Analyst, PWS Family Support & The Chicago School of Professional Psychology, USA, presented on applied behaviour analysis, and conceptual issues of why behaviours of concern happen, from a behaviour analytic perspective.

Learning points included:

1. Brief introduction to Applied Behaviour Analysis as a science
2. A conceptual overview of how behaviour and the environment interact to change and maintain behaviours
3. An overview of behaviours of concern in PWS from a behaviour analytic perspective.

Marguerite Hughes, CEO of IPWSO and parent to a 19-year-old son with PWS, presented a challenge to stimulate group discussion, on practical obstacles that families who are trying to put psychological interventions in place may face.

Reflections on the meeting can be heard in the video summary linked below. Our thanks to Elizabeth Roof for delivering the Summary.

Video links

Norbert Hödebeck-Stuntebeck: [The application of psychological models in the understanding of adaptive and maladaptive behaviours in people with Prader-Willi syndrome.](#)

Kasey Bedard: [Applied Behavior Analysis and PWS](#)

Elizabeth Roof: [IPWSO Mental Health ECHO Summary July 25, 2023](#)

Upcoming Mental Health ECHO

September 26	Early intervention for children with PWS	Anastasia Dimitropolis, Professor of Psychology, Case Western Reserve University, USA
		Kate Woodcock, Reader in Applied Clinical Psychology, University of Birmingham, UK
	Challenge: Early intervention in practice	Karin Clarke, Chairperson PWS Support Group, South Africa

Thank you very much to everyone who attended the session and participated. We look forward to seeing you again at the next session on 26 September.