

BWRT PROTOCOL

Some slight modification (not to the protocol) to some sections, in order to enhance the mental health care user's understanding of the instructions.

1. Explanation:

By means of using pictures / photos of the brain and the four basic emotions. Also compiling ethnic relevant pictures. Showing one picture at a time with an explanation.



3 step sequence: [event \Rightarrow brain \Rightarrow emotions]

Simple concrete explanation regarding process

People experience things (see and hear things) and the brain let them feel the emotions e.g. happy, sad, angry and afraid (or use functional descriptive words).

We will talk about the things that happened to you and your brain will change the bad feelings to good feelings

2. PAL Score:

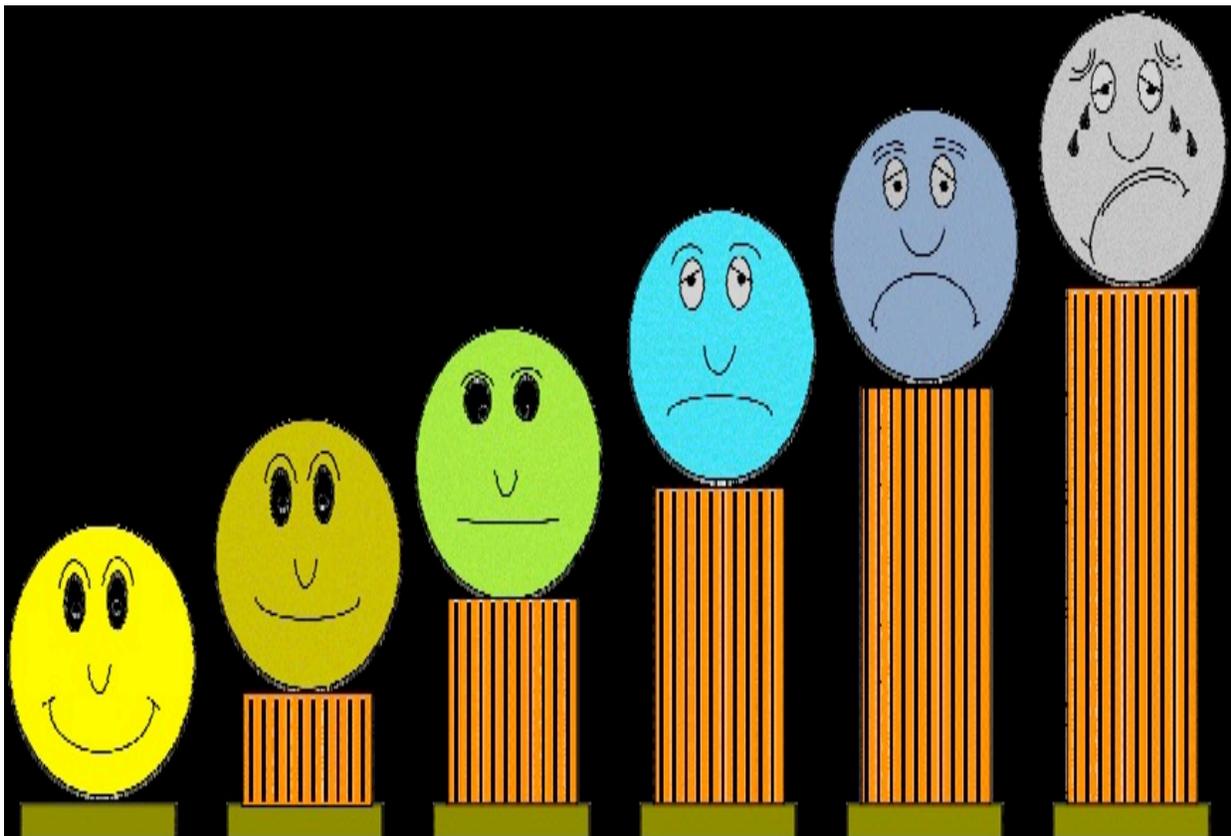
Persons with intellectual disability has limited concept of numbers. Persons in the upper mild intellectual disability have a better grasp of numbers in terms of sequence and basic simple calculation. However, those below this level have some limitations in this regard. In view of this, hand gestures are first demonstrated to indicate small, medium and large and used to measure the intensity of the patient's feelings afterwards.

(1) Two hands very close together (score 1 – 3)

(2) Two hand further apart (score 4 – 7)

(3) Two hands very far apart (score 8 – 10)

Also have a visual scale of the range of emotions that can be used to explain (so far did not use it as the mental health care users understood the gestures).



3. Wait state (freeze response). Those persons in the upper mild intellectual disability category have some understanding of this concept. For those below this intellectual level they respond to the concept of "stop" better. Everything stops in the memory.

I also have a short video clip with people talking and some movement - then **"pause"** it to show the freeze response, if they struggle to understand the freeze response.