

BEHAVIORAL CLUSTERS APPROACH

Diagnostic categories are proto-types with symptoms of varying degrees that overlap one another. Thinking about symptoms in behavioral clusters is more conducive to a camp environment.

When thinking about a camper's symptoms, consider how long (duration) the child has exhibited the symptom, how frequently the child exhibits the symptom, how intense the symptom is AND is the symptom interfering with his/her daily activities (impairing normal functioning).

INTERNALIZING SYMPTOMS

Negative feelings turned "inward" (Depression, Anxiety, Fears/Phobias)

Symptoms include:

- ▶ Low Self-esteem
- ▶ Withdrawal
- ▶ Worry/apprehension
- ▶ Crying/whiney
- ▶ Difficult concentrating
- ▶ Increase/Decrease in sleeping
- ▶ Increase/Decrease in appetite
- ▶ Lack of motivation
- ▶ Difficulty with schoolwork
- ▶ Fatigue, headache, stomachache, etc.

EXTERNALIZING SYMPTOMS

Negative feelings turned "outward" (ADHD, Disruptive Behavior Disorders)

Symptoms include:

- ▶ Impulsivity
- ▶ Temper tantrums/short tempers
- ▶ Aggressive play
- ▶ Argumentative
- ▶ Defiant
- ▶ Difficulty sitting still
- ▶ Difficulty playing with others (i.e., taking turns)
- ▶ Lying, cheating, stealing



DEVELOPMENTAL DISORDERS

Significant delays and impairments in development:

- ▶ Learning Disorders
 - ▶ Difficulty understanding and following instructions
 - ▶ Trouble remembering what someone just told them
 - ▶ Difficulty telling the difference between "right" and "left"
 - ▶ Lacking motor coordination when playing sports, or trying to tie a shoelace
- ▶ Mental Retardation
 - ▶ A person with mental retardation has
 1. Below average intelligence
 2. Limited daily living skills (adaptive skills)
- ▶ Autism
 - ▶ Autism spectrum disorders affect 3 different areas of a child's life:
 1. Social interaction
 2. Communication (nonverbal and/or verbal)
 3. Repetitive behaviors or interest

SPECIAL CLINICAL PROBLEMS

Can be internalizing and/or externalizing

- ▶ Cutting
- ▶ Eating Disorders
- ▶ Suicidality
- ▶ Soiling and Bedwetting
- ▶ Sexual promiscuity
- ▶ Trauma Symptoms
 - ▶ Extreme withdrawal
 - ▶ Act out violently toward other children
 - ▶ Timid and fearful
 - ▶ Sexually provocative behavior
 - ▶ Knows too much for age
 - ▶ Nightmares and night terrors
 - ▶ Toileting problems

