

Common Childhood Disorders & Treatment Plans

Diagnosis	Counseling	Medication	Behavioral Approaches	Other
Depression	Play, music, animal, CBT, Lifestyle	Antidepressants	Positive rewards and praise for positive self-talk, reframing, etc.	Educational accommodations: Extended deadlines
Anxiety disorders	CBT, exposure therapy, story telling	Antidepressants	Positive reinforcement for graduated exposure and success	Educational accommodations: Quiet space for schoolwork, adapted presentations
ADHD	CBT, education, lifestyle changes, social skills training	Stimulants	Positive reinforcement for sustained attention, stopping impulsivity, ABA	Educational accommodations (i.e., 504 Plan, IEP): Adapted assignments, extended deadlines, fidgets, quiet space
Mood, ASD, Explosive	Play, modeling, social skills, regulation skills	Mood stabilizers	ABA	Educational accommodations