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[10 Things You Can Do To Support A Person With Difficult Behaviors](#)

Now available in [Spanish](#), *10 Things You Can Do* addresses some of the fundamentals of supporting a person whose behavior is distressing: get to know the person, help the person to maintain and develop relationships, make joy a goal, and more.

[All Behavior is Meaning-full: Functional Assessment Strategies](#)

Difficult behaviors result from unmet needs. *All behavior is Meaningful* describes organized ways of finding out what a person needs so that you can be more supportive [Currently unavailable: undergoing revisions].

[Does God Have Enough Hands? Strategies for Caregivers in a Time of Fear and Sorrow](#)

The events of 9-11 have had a profound effect on our nation. For some, our innocence was lost. Many are waiting for the next terrible event anxiously. Fear pervades everything we can do. *Does God Have Enough Hands?* describes strategies for "staying awake" in times of fear and sorrow.

[The Importance of Belonging](#)

Many people who experience disabilities live lives of profound loneliness and isolation. This handout is designed to help people to develop strategies for supporting the development of "enduring, freely chosen " relationships, and the medicine that comes with belonging. Now available in [Spanish](#)

[Loneliness Is the Only Real Disability](#)

A handout compiled for a presentation to the National Association of State Developmental Disabilities Directors, *Loneliness is the Only Real Disability* examines the implications of isolation in the lives of people who experience disabilities and makes social policy recommendations to reinforce community membership.

[Man With A Black Belt In Intellect](#)

Many people consider "positive approaches" indispensable when supporting a person who experiences disabilities, but draw a blank when applying the principles to someone they work alongside. A discussion of "positive approaches" as a way of life.

[Notes for Parents](#)

I asked a number of parents and colleagues to tell me what they thought parents most need to remember when their child engages in difficult behaviors. *Notes for Parents* is a list of ten things to keep the mind clear and the heart open. Now available in [Spanish](#)

[Opening The Door](#)

"Opening the Door" is the title I give to my chapter in a new book edited by John O'Brien and Connie Lyle-O'Brien entitled, ***Implementing Person-Centered Planning: Voices of Experience***. The chapter explores the central importance of relationships in our lives through the story of "Danny," a man looking for a real life in a system of interventions and coverage. Available through the Inclusion Press. To order, click [here](#).

[Positive Approaches Institute \(course description\)](#)

The Institute is designed to educate professionals on values based approaches to supporting people who experience disabilities and also exhibit difficult behaviors. Participants are exposed to a sequence of intensive learning experiences covering topics ranging from the impact of loneliness on a person's emotional well-being, crisis support, person-centered planning, and building positive behavioral support plans. The course description includes a listing of topic areas and expected participant competencies.

[Supporting A Person with Post Traumatic Stress Disorder \(PTSD\)](#)

Many people who experience disabilities have experienced trauma during their lives. *Supporting A Person With Post Traumatic Stress Disorder* describes the effects of trauma and offers strategies for helping a person to heal.

[Things You Should Know](#)

If you want to know what a state believes in, don't pay attention to the mission statement, pay attention to the budget. A budget is a statement of beliefs. This paper examines Virginia's fiscal commitment to community supports and what you read might surprise you. Click above and then click on the Coalition folder to download this paper.

[To Know You Better: A Referral Packet](#)

To Know You Better is a referral packet that you can fill out prior to my visit to help me understand you (or the person you support) better. Should only be completed if we have pre-arranged a visit, or if you simply want to know the kinds of questions I ask prior to a visit.

[Toolbox for Change: Reclaiming Purpose, Joy, and Commitment in the Helping Profession](#)

Many professionals in the helping profession are worn out and discouraged. The oppressive nature of regulations and increased job requirements with shrinking resources have left many of us feeling dread each time we enter our work spaces. *Toolbox for Change* is a collection of tools for getting the work done and reclaiming purpose, joy and commitment at the same time.

[What Do I Do Next...? Strategies for Supporting A Person with Difficult Behaviors](#)

Now available in English and [Spanish](#), *What Do I Do Next...?* is a handout used in several of my workshops regarding positive supports for people who challenge us. Contains strategies for figuring out what a person needs, building relationships, and supporting a person's supporters. You might also wish to download, from the Yahoo site, the form developed by Michael Smull and Susie Harrison entitled, "*When the person does this...*"

[Upside Down and Inside Out: Supporting A Person In Crisis/ Supporting the People Who Care](#)

Supporting a person in crisis can be difficult on several levels. First, it hard to help someone who is in having a difficult time figuring out what's up and what's down. It requires, first and foremost, taking care of *oneself*. *Upside Down and Inside Out* is a handout for people who want to help a person who is dangerous to others or dangerous to self. It is about dealing with what's immediate, and taking the steps to build a better future. A recent update (June 23, 2004) includes Ruth Ryan, MD, James Salbenblatt, MD, and Melodie Blackride, MD's "Common problem behaviors and speculations about their causes."