

MENTAL INFLEXIBILITY FOR PROFESSIONALS



Mental inflexibility is the inability to respond to changes, such as thinking about multiple ideas at once or switching between thoughts.

LOOK FOR:

- Challenges making decisions when faced with a new problem
- Changing one's mind after a decision has been made
- Learning new routines/processes, or understanding another's approach/perspective
- May appear rigid, stubborn, or uncooperative



MENTAL INFLEXIBILITY ACCOMMODATIONS FOR PROFESSIONALS

- Suggest setting reminders of deadlines in calendars
- Notify in advance of schedule/routine changes
- Help prepare for transitions (*e.g., if the individual is being referred to a new provider, introduce them by providing a warm hand-off*)
- Draw attention to irrational conclusions or impulsive behaviors and give the individual opportunity to respond or behave differently
- Teach social skills (*e.g., assertive communication or active listening*)
- Help individuals think about decisions from someone else's point of view (*e.g., role play different scenarios that could make the client late for an appointment*)

CITATIONS

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