

***Some of the integrative psychological counseling techniques and their impact in reducing stress and improving the level of social and psychological adjustment among a sample of parents of children with intellectual disabilities***

**Abstract**

The current study aimed to identify the effectiveness of the using some techniques of Integrative psychological counseling in reducing Psychological stress and improve the level of psychological and social adjustment among a sample of parents of children with intellectual disabilities, as well as to devise a set of recommendations that contribute to alleviate stress and improve the level of psychological and social adjustment among fathers and mothers of mentally handicapped children. The sample consisted of (40) of parents of children with intellectual disabilities divided into (20) father and (20) mother from Alexandria. the average age of fathers 43.05 years and a standard deviation was 4.91 years, and the average age of mothers 39.45 years and a standard deviation was 1.80 years. The tools included primary data collection form, psychological stress scale for parents with special needs, And the counseling Program. The results confirmed the effectiveness of using integrative techniques in alleviate stress and improve the level of psychological and social adjustment among the sample. There were recommendations that must be relied upon to alleviate stress and improve the level of psychological and social adjustment with families with special needs

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