

A SUGGESTION COUNSELING PROGRAM BASED ON COGNITIVE BEHAVIORAL THEORY TO REDUCE THE DEGREE OF LEARNED HELPLESSNESS AMONG STUDENTS WITH LEARNING DISABILITY

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***Abstract_** The present study aimed to build suggestion Counseling program based on cognitive behavioral theory, for Children with learning disability who are suffering from the learned helplessness. The suggestion Program consists of (14 session) for a period of seven weeks, the time of each session between (40-50) minutes. Where children achieve a set of goals through the exercise skills, methods and techniques to help get rid of the of learned helplessness and have a sense of importance and achievement. The researcher recommends using the suggestion program by School counselors and psychologists in schools. As well as can be used by parents to take advantage of the activities available and techniques.*

***Key words:** Children with learning disability, learned helplessness, cognitive behavioral theory, Suggestion Counseling Program.*