

Learn How to Make and Keep Friends:

6 WEEK INTENSIVE SOCIAL SKILLS TRAINING

Online via Zoom or in-person Social Skills Training

Small group social skills intensive training program will provide learning opportunities for clients to engage in social learning opportunities.

Clients will receive an introduction to the Social Thinking Vocabulary concepts by Michelle Garcia Winner Social Thinking methodology concepts and PEERS® Social Skills Training.

School Age-Adolescents Social Group Ages 7-18

In-person or Virtual via Zoom. -50 Minutes Session Monday and Fridays

DESCRIPTION:

Social skills Training Group Program will focus on helping you learn new skills and techniques for peer interaction. One of the biggest struggles for many school-age students and young adults with autism spectrum disorders is making new friends but not having the tools to do so. The social groups will include role-playing and practicing these skills in a non-judgmental, supportive setting. Our Social Skills Group Program mission is to help clients develop social competencies to build relationships with their peers with products from the Social Thinking Methodology by Michelle Garcia Winner. The Social Skills Program will be using evidence-based social skills intervention for school-age, adolescents, and young adults. The UCLA PEERS® Program materials collaborated with many other evidence-based resources (e.g., Video Modeling, Social Stories) and Social Thinking Methodology resources.

- Nonverbal behaviors cues and emotional recognition in others
- Conversation rules
- Social problems
- Problem Solving (big/medium/small)
- Perspective Taking
- Friendship
- Coping with Stress & Anxiety
- Zones of Regulation
- Video Modeling

The Program for the Education and Enrichment of Relational Skills (PEERS®) was developed at UCLA in 2005. PEERS® is an evidence-based social skills treatment. The program helps students make and keep friends. Social Skills training will also include Social Thinking Methodology by Michelle Garcia Winner.

Topics Include Entering and Exiting Conversations

- Core Social Thinking Vocabulary Concepts (Social Thinking Methodology by Michelle Garcia Winner.)
- Solving Problems-Size of the Problem and Size of the Reaction
- Social Behavioral Map- Social Emotional Reaction
- Conversational Skills
- Making Friends
- Choosing appropriate friends