



## Tuesday Social Skills Training Group: Winter 2011

<u>Date</u>	<u>Time</u>	<u>Goal/Activities</u>
1/19	4:30-5:30pm	<b>Parent Introduction – Parents only</b> – Parents are introduced to the group, including details of behavior management, specifics about the curriculum, and take-home strategies
1/26	4:30-5:30pm	<i>1<sup>st</sup> Session Children*</i> : Introduction of group members, Rule Establishment, Empathy - Identification and Expression of Feelings (recognition of signals/triggers)
2/2	4:30-5:30pm	<i>2<sup>nd</sup> Session Children</i> : Empathy – Feelings Identification in Self and Others (Reading Social Cues); Introduction to Conversational Skills
2/9	4:30-5:30pm	<i>3<sup>rd</sup> Session Children</i> : Building Conversation Skills
2/16	4:30-5:30pm	<i>4<sup>th</sup> Session Children</i> : Affect Management – Prevention Strategies
2/23	4:30-5:30pm	<i>5<sup>th</sup> Session Children</i> : Affect Management – Coping Strategies
3/2	4:30-5:30pm	<i>6<sup>th</sup> Session Children</i> : Navigating Play – Navigating a Successful Playdate – Choosing the Right Playmate, Being a Good Host/Guest
3/9	4:30-5:30pm	<i>7<sup>th</sup> Session Children</i> : Navigating Play - Game playing – Taking Turns, Sharing, Following Directions, Managing Conflict
3/16	4:30-5:30pm	<i>8<sup>th</sup> Session Children</i> : Interpersonal Problem Solving - Learning how to problem solve
3/23	4:30-5:30pm	<i>9<sup>th</sup> Session Children</i> : Interpersonal Problem Solving – Solving Real Problems
3/30	4:30-5:30pm	<i>10<sup>th</sup> Session Children</i> : Curriculum Review in <u>game format</u>
4/6	4:30-5:30pm	<b>Parent Wrap up - Parents Only</b> : Sharing meeting to review skills, discuss group and student progress (brief weekly progress is shared with parents after each group) and how to maintain and improve skills; discussion of follow-up

If you have any questions, including learning about scheduling of current and future groups please call Behavior Therapy Associates at (732) 873-1212 to speak to Dr. Cooperberg.

Thank you,

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