

CRG FALL GROUPS 2012

Groups for Boys

Solutions (Boys Ages 7-10)

Facilitated by Dr. Nathan Larson (Psy.D., HSPP)

Thursdays (4:00 P.M. to 5:00 P.M.)

\$70/Session

This group has been designed for 7 to 10 year old children to provide 8 weeks of supportive and solution focused group therapy to enhance the development and use of appropriate social skills. The goal of the group will be to assist group members in developing a better understanding of their difficulties and learning skills to more adaptively copy with their emotions and the situations that they encounter. Participants will be given opportunities to work on social skills, adaptive functioning (learning to read social cues, regulating behaviors, being patient, being confident, and paying attention in social situations), and learning how to control mood and impulsive actions. We do this through role play and goal-directed interactions, where we share experiences with one another and think of new and appropriate ways to handle common situations

Challengers (Boys Ages 13-16)

Facilitated by Dr. Nathan Larson (Psy.D., HSPP)

Thursdays (5:00 P.M. to 6:00 P.M.)

\$70/Session

This group has been designed for boys ages 13 to 16 to provide 8 weeks of supportive and solution focused group therapy to enhance the development and use of appropriate social skills. The goal of the group will be to assist members in developing a better understanding of their difficulties and learning skills to more adaptively cope with their emotions and the situations that they encounter. Participants will be given opportunities to work on social skills, adaptive functioning (learning to read social cues, regulating behaviors, being patient, being confident, and paying attention in social situations), and learning how to control mood and impulsive actions. We do this through role play and goal-directed interactions, where we share experiences with one another and think of new and appropriate ways to handle common situations.

Navigators (Boys Ages 12-15)

Facilitated by Beth Waite (MA-CCC/SLP-ATP)

Tuesdays (5:30 P.M. to 6:30 P.M.)

\$70/Session

This group is designed specifically for pre-teen/teen males on the Autism Spectrum or with social skill deficits and includes less structured time and more guided adult interaction. Skills are introduced and group feedback helps guide discussion so that it is relevant for each member. Topics include conflict resolution, compromise, offering/accepting criticism, flexible thinking, working in groups, nonverbal communication and more. Through role-play, video feedback, hands-on exercises and the iPad, skills are broken down into simple steps with practical explanations to make them meaningful. A simple snack and unstructured conversation provides opportunity for practice with skills and adult feedback. Weekly topics may be adjusted based on the group's needs and scope of discussions so that information is timely and appropriate. **Limited to 6 members per group.**

CRG FALL GROUPS 2012

Groups for Girls

Girl Power (Girls Ages 8-11)

Facilitated by Sarah Norris (Ph.D., HSPP)

Tuesdays (5:00 P.M. to 6:00 P.M.)

\$70/Session

This group is designed for girls aged 8-11 with ADHD, mood disorders, or other challenges to their self-esteem and self-regulation. We will address issues of anxiety, emotional regulation, dealing with peer pressure, and family issues by discussions and group activities that include art therapy, role playing, and group problem solving. **This group will not meet on September 18, 2012.**

Good FIT (Girls Ages 14-18)

Facilitated by Dr. Sandra Burkhardt (Ph.D.)

Mondays (5:00 P.M. - 6:00 P.M.)

\$70/Session

This is a social skills group for high school-age females. They will discuss and develop skills that focus on three areas of their life: **F**riends, **I**nterests and **T**alents. Showcase their special interests and talents while learning to enjoy other people too. Each session will begin with picking an activity or topic. During each session, they will identify comfortable ways to handle social situations that teenagers face. Group members will discover their social strengths and share strategies for dealing with feelings. Activities are intended to increase social thinking as well as social skills.

Co-ed Groups

Detectives (Boys and Girls Ages 7-10)

Facilitated by Beth Waite (MA-CCC/SLP-ATP)

Tuesdays (4:30 P.M. to 5:30 P.M.)

\$70/Session

Designed for elementary-aged boys and girls on the Autism Spectrum or those with social skill deficits. Lessons are structured with a combination of formal and informal lessons to reach interaction skills in a small, friendly atmosphere. Skills taught include working in groups/pairs, compromise/conflict, initiate/ maintain conversation, dealing with disappointment, and good sportsmanship. Sessions include leader-directed instruction with hands-on practical exercises that may include video modeling, skits, crafts, group games, the iPad, and a simple snack for skill reinforcement. Unstructured conversation also allows students to practice skills without adult interaction but with instant feedback from the leader. **Limited to 6 members per group.**

CRG FALL GROUPS 2012

Groups for Parents & Grandparents

Mothers' Support Group

Facilitated by Dr. Chris Kerr (Ph.D., LMHC)

3rd Wednesday of the Month (Noon to 1:00 P.M.)

No Fee

This group is for mothers of children/youth with identified learning, attentional, or mood disorders. Come once or come each team. Share your experiences or listen to/support other mothers as they share their own experience. In an empathic environment, we can use our time together to brainstorm strategies, identify resources, and instill hope. Participants are welcome to bring their lunch.

Recipes for Success

Facilitated by Dr. Sandra Burkhardt (Ph.D.)

2nd Monday of the Month (11:00 A.M. – Noon)

No Fee

This monthly group is for parents or grandparents of children with Autism Spectrum Disorders. This is a psychoeducational group. Rather than provide therapy, Dr. Burkhardt will provide instruction and promote greater educational awareness. You will learn more about ASD issues and how to apply them in your family while raising your children or grandchildren. Newcomers will watch a 15 minute presentation (“ASD 101: An Overview of Autism Spectrum Disorders”) at their first meeting. Session topics might include suggestions for positive management of behaviors, handling meltdowns, structuring family time, and finding support. Leave each session with a new Recipe for Success.