



# Social Thinking™ Groups

## WHAT IS SOCIAL THINKING?:

Social Thinking Groups are designed to teach foundation Social Thinking skills. Social Thinking is required before the development of social skills. Successful Social Thinkers consider the points of view, emotions, thoughts, beliefs, prior knowledge, and intentions of others - this is usually referred to as “perspective taking.” This is, for most of us, an intuitive process.

## WHO SHOULD CONSIDER PARTICIPATING?:

Most individuals have a diagnose of an Autism Spectrum Disorder; other individuals do not have a specific diagnosis. The primary presenting concern is that the individual has “difficulty sharing space effectively.” Many individuals have experienced difficulties at school, work, or other social contexts.

## WHAT HAPPENS IN A SOCIAL THINKING GROUP?:

After an initial evaluation, the individual may join a small group of people who are similar in age and perspective taking level. Each group will consist of a structured engaging lesson targeting a particular skill, a less structured conversation and/or play time to practice the skills followed by feedback from the instructor. If there is not an appropriate group available, one on one sessions may be recommended. Each instructor will provide information about the topic of the session to the parents. There is usually an assignment or activity to be completed between sessions and to be reported on at the next session.

## GETTING STARTED:

Start by completing the Social Thinking Group referral form on our webpage under the “Forms” tab. Submit the referral form via email or mail and the intake assessment will be scheduled. Appropriate group placement will be determined after the assessment is complete. Current groups are being held on Monday and Wednesday’s late afternoon and evenings. Each session lasts 10 weeks and individuals are encouraged to commit to two or more sessions. An individual may join a group that is already in progress. Adult services are also provided typically in a one to one format during day time hours.

## CONTACT INFORMATION:

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