



Group Interventions and Exercises for Enhancing Children's Communication, Cooperation, and Confidence

Melissa E. Derosier

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Empirically-based therapeutic interventions for children ages 6 to 12 who are experiencing peer problems such as bullying, rejection, and social isolation. Offers comprehensive guidelines for developing, structuring, administrating, and conducting social skills training groups, as well as methods for identifying children who will benefit from such group (or individual) interventions. Provides numerous scripts, activities, games, forms, and role plays for 10 group sessions. Also includes a reproducible workbook that contains activity sheets to engage children and reinforce specific skills and concepts. Children who participate in this program learn and practice basic social skills (e.g., cooperation, communication, and self-control), develop prosocial attitudes, combat negative assumptions, and build coping skills for dealing with stressful situations such as teasing and peer pressure. These activities have been developed to be engaging - and fun - for the children who participate. All of these materials may be used therapeutically in both group and individual sessions in a wide range of settings including private practice, schools, recreational programs, and residential settings. Research has consistently supported the efficacy of these interventions for improving children's peer relationships, self-esteem, and social behavior. The strategies utilized in this program emanate from studies of social learning and the cognitive-behavioral components of relationships. This 8.5" x 11" manual has flexible binding to facilitate photocopying for use with your clients in both group and individual treatment.



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