



Social Skills Training for Adolescents with General Moderate Learning Difficulties

Ursula Cornish, Fiona Ross

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Following the success of their many years' social skills work with children and adolescents with Asperger Syndrome and other moderate learning difficulties, Ursula Cornish and Fiona Ross have compiled a set of imaginative training sessions and workshops for teachers. Based on a multi-sensory cognitive-behavioural approach, the sessions cover pre- and post-intervention evaluation schedules, interview and observation tools, and specification of materials that can be used and adapted by teachers. With direct links to the four main stages of development at Key Stages 3 and 4 of the National Curriculum, especially PSHE (Personal Social and Health Education), the training sessions form an effective tool to help teenagers develop skills in social interaction, communication and conflict resolution and to build their confidence and self-esteem. The ten detailed session plans incorporate role play, discussion and rehearsal to equip participants with the ability to interpret other people's body language, control their own feelings, express views, ask for support and show concern for others. Educators, parents and carers of adolescents with Asperger Syndrome, general learning difficulties or other behavioural problems will welcome this book's practical examples and useful tips on how to set up and run social skills development groups.

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