

Understanding and Developing Social Skills

9 Week Workshop

Early Teens Group

Overview

Humans are complex social beings and many of us have difficulties understanding why people say and do certain things. Some people find this more challenging than others and can become anxious when interacting with other people.

Friendships with peers and communication with others is very important to any person's development and happiness. If social interaction is not one of your child's strengths, this course has been designed to provide them with the tools they need to feel calmer and more confident in social situations.

This course will help them to understand why they find certain social situations challenging and how to adjust their behaviour so they will be more readily accepted and understood.

We cover a number of areas children may find challenging including:

- Which social situations do I find difficult?
- Voice volume, non-verbal communication and body language
- Rules governing personal space
- Winning and losing
- Good versus bad sportsmanship
- Choosing friends
- When other people break the rules
- How to react when I make mistakes or other people make mistakes
- Give and take in friendships and social interactions
- How to interpret sayings that weren't meant to be taken literally
- How to ask for clarification on what message I think I received
- Options when I find myself in difficult social situations
- Taking responsibility for my own behaviour and its results

At the end of the program the participant will have a workbook which is individualised to their specific needs so that they have something to refer back to in the future.

Course Outline

Introduction

Getting to know each other and establishing goals and rules for the group

Anxiety thermometer

What makes me anxious in social situations and what signs do I feel? How do I react?

Intended versus interpreted message

We don't always receive and understand messages the way other people intend them

Winning and losing

A key skill most of us have to learn, including good sportsmanship

Choosing friends and addressing perfection

What qualities are desirable in being a friend and to look for in others?

Learning to take risks in order to learn new skills?

Give and take – the 50:50 rule

How do I ensure 50% give and 50% take in my social interactions?

Words with different meanings

Ensuring we receive the right message from others and understanding different interpretations of common sayings

How to respond in challenging situations

Identifying situations each child finds challenging and developing an options chart of possible responses

Wrapping up

I'm responsible for my own behaviour and its outcomes.
Presentation of personalised workbooks

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About FABIC

Specialising in the science of behaviour, Fabic is a team of highly skilled clinicians with extensive experience in helping people understand behaviour. For more information about Fabic, please visit our website www.fabic.com.au

The Developing Social Skills course was written by Fabic's founder and senior clinician, Tan Curtis.

Course presenters



Shannan Puckeridge
Psychologist and Group Training Facilitator

Shannan has a Bachelor of Psychology (First Class Honours) and is a registered Psychologist with the Australian National Psychology Board. Shannan offers her professional guidance in supporting carers and clients to understand and change their own unwanted behaviours; and supports others to understand behaviours used by other people. Shannan has extensive experience in developing, implementing and evaluating positive behavioural interventions for people using unwanted behaviours



Annette Andrew
Provisional Psychologist and Group Training Facilitator

Annette joins us at FABIC after working as an Autism Advisor and she has experience working with children with disabilities. Annette has her provisional psychologist approval after completing her Bachelor of Applied Science and Post Graduate Psychology degrees.

Cost

\$1,265 inclusive of GST for total course of 18 hours

Thursday 10 February	4-6pm
Thursday 17 February	4-6pm
Thursday 24 February	4-6pm
Thursday 3 March	4-6pm
Thursday 10 March	4-6pm
Thursday 17 March	4-6pm
Thursday 24 March	4-6pm
Thursday 31 March	4-6pm
Thursday 7 April	4-6pm

Contact

FABIC

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Course Name _____ Location _____ Date of Course _____

Course Times: 4.00pm to 6pm

Price: \$1,265 per person for 9 sessions

All prices are inclusive of GST. ALL payments to be finalised prior to workshops.

Invoice Details

Contact/Invoice Name	Company	Email	Postal Address	Phone	Fax

Participant Details

Attendee Name/s	Email	Phone	\$
Total			\$

Payment Details

Cheque *Please make all cheques payable to FABIC*

Visa Mastercard Bankcard

Direct Transfer (EFT) *Please Record Receipt No:*

Card Number

Account Name FABIC Pty Ltd
 Bank Westpac
 BSB 034-610
 Account No. 213 340

Expiry Date Name of Card Holder _____

Signature _____

To Register

Please fax, post or email registration form to details below:

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 1 Mudgeeraba Road
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 Worongary QLD 4213
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 F 07 55 305 079
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fabic.com.au

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Cancellation Policy: Workshop bookings cancelled within 14 days of course date will receive no refund due to catering and booking fees. Workshop bookings cancelled 15 days or more prior to course date will incur a \$50 service fee. Workshops are transferrable to another attendee with prior notice.