

## Speech Pathology — Social Skills Services

'Social skills' is the term used to describe the collection of skills required for successful interactions with other people across all contexts and settings as well as the skills needed for forming and maintaining relationships. Strong social skills are required for every type of interaction — both for interactions with a single other person as well as interactions in groups, within families and participation in workplaces and as part of communities.

*As we are rarely not involved with other people in some capacity, they are an essential skill for successful participation across all settings and aspects of life.*

People who do not have strong social skills will frequently have difficulty realising their potential in other areas, due to not having the required skills to participate successfully in the interactions involved in that task or aspect of life. For example, a person who is passionate and skilled at a particular interest or profession will inevitably need to engage in group tasks as part of their education in order to obtain the certification or level of achievement to then take that interest as far as they would like to. There may be practical sides to that person's training which involve interactions with other people, or they may need to work as part of teams within the job or in pursuit of their interest. In many cases, people who would otherwise excel in their chosen area do not have the opportunity to do so, due to not being able to interact successfully and appropriately with others along the way. As such, social skills are an essential tool to enable people to pursue and succeed in their chosen endeavours in life, no matter how individualised those endeavours may at first appear.

In addition, it is extremely rare to find a person who genuinely does not seek to have meaningful interactions and relationships with others. People who find this challenging may withdraw when they find interactions to be difficult and say that they don't wish to spend time with others. However, these same people will usually give some indication, no matter how small, that their withdrawal is not in fact due to not wanting relationships but to finding relationships to be too hard and having failed to initiate and maintain them in the past.

**Hence, for the majority of people, no matter their circumstances in life, having the skills to access the interactions and relationships they seek greatly enriches their quality of life.**

### Social Skills Interventions at Fabic

Fabic offers a range of options to support people of all ages to develop effective social skills for life. These include:

- **Programs of Individualised Sessions —**

We offer interventions through a program of individualised 1:1 sessions to assist the person to develop specific individual skills and support them to take these skills out into application in their everyday life. These are a great foundation and we typically recommend including these sessions as part of any intervention.

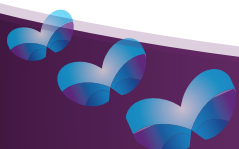
- **Social Skills Pairs or Groups —**

These groups or pairings are put together to address the specific needs of the people involved. The format of the group is then designed around the specific goals and needs of the people participating.

*Social skills groups are available for children, teenagers and adults.*

- **Conversation Skills Groups —**

Specific conversation skills groups are offered for older children, teenagers and adults. They are offered as groups and pairings and can be delivered as face to face sessions or online via Zoom or Skype where this format will support the participants.



## Speech Pathology — Social Skills Services

- **Family Sessions —**

Sometimes there is a need for supporting individuals to develop the specific skills to interact and maintain relationships specifically within their family. This can be the case particularly with siblings. We are able to offer a series of sessions to families to introduce and begin using target skills with each other and then assist them to take these skills out for application in their everyday life.

- **On-site Support —**

Sometimes the most supportive way for a person to develop their social skills is to have online coaching in their most challenging environment. This can be particularly effective for pre-school and primary school aged children who benefit from having online coaching during their lunchtime or other key play times at their school or pre-school.

There are times when a combination of the above formats can be supportive for the person. As they will inevitably require support and prompting to transfer the skills taught as part of their intervention into practice in their everyday life, training for the person's family or support team can also be organised where needed. In order to gain an understanding of the person's needs and how we can best support them, we will always book new clients in for an initial 1:1 consultation before commencing any programs.

Medicare plans, private health insurance and National Disability Insurance Scheme (NDIS) plans can also be used to support access to these services.

### Locations

Social skills interventions are available at the Fabic Brisbane and Gold Coast clinics, as well as in the client's home or other relevant setting via our mobile service to Beaudesert, Brisbane, Lismore, the Gold Coast, other locations and online via Zoom or Skype.

### Meet Kathryn — *Our Lead Speech Pathologist*

Kathryn Maroney is the lead speech pathologist at Fabic. Kathryn has extensive experience working in the field of disability and the general practice of speech pathology. Kathryn has worked in private practice, schools, community health and the not for profit sector. It has been her absolute pleasure to offer speech pathology services for Fabic since 2014.



Further information about Kathryn is available at  
[www.fabic.com.au/about-us/kathryn-maroney](http://www.fabic.com.au/about-us/kathryn-maroney)

For more information about the social skills services on offer at Fabic or to book an appointment, please contact Fabic by phone on (07) 5530 5099 or email at [info@fabic.com.au](mailto:info@fabic.com.au)