

ASU CLINICAL PSYCHOLOGY CENTER

**SOCIAL SKILLS GROUPS**

**THE ASU SOCIAL SKILLS TRAINING GROUP FOR CHILDREN AND YOUTH**

**Appropriate for Ages 7 through 13**

**(480) 965-7296**

(For services for adolescents and young adults ages 14 and over as well as for children 6 and younger, please phone the ASU CPC for individual and family counseling at 480-965-7296.)

Good social skills are essential for successful functioning in life. Research shows that the extent to which children and youth demonstrate good social skills can influence their school performance, behavior, social and family relationships, and eventual job success and adult relationships.

We at the ASU Clinical Psychology Center run social skills training groups for children between the ages of 7 - 13, depending upon the availability of group mates (by age, language level, gender composition of the group, and social/emotional issues). New applications for the groups are considered on an ongoing basis. Typically, one group is held per semester. To be eligible the children must have defined social issues and have the ability to cope with group situations without severe behavioral problems. The group meets one night per week for 9 weeks, for 2 hours per session. Groups generally begin at 4:30pm or later on a weeknight. Children and parents attend separate groups, and the parent group meets for the first 45 minutes of each session. Groups have 6 – 8 members and are run by doctoral students who have backgrounds in working with children and behavior change. Group leaders are supervised by licensed clinical psychologist and CPC Director Dr. John Barton.

Groups follow a research-based, structured format that has been provided to hundreds of children. The structured format of the group addresses specific goals that have been shown to be particularly troublesome for most group members, such as holding a two-way conversation, accepting others' agendas, reducing social anxiety, understanding compromise, and turn taking.

In addition, sessions are structured with theme-based lessons. Some examples are:

- Joining a group of peers successfully
- Being a good sport
- Being a good host
- Being a good winner
- Coping with Teasing and Bullying
- Respecting Adults
- Having a Mutually Enjoyable Playdate

The first half of the child group is similar to a classroom setting, in which children learn the rules and guidelines of appropriate social skills, and then the second half of the group focuses on practicing the skills; group leaders provide children with individualized coaching. The group is educational in tone and is often seen by kids who attend as a “fun friendship class at ASU.”

Parents' participation and training are an important part of the Social Skills Program. Weekly homework (“goalwork”) assignments for you and your child are assigned based on the skills that are introduced in the weekly session. Parent training and group problem-solving occurs during

each session. Parents in the group are expected to attend every session, actively participate, and complete goal work between sessions each week.

**Group fees and enrollment process:**

The one-time registration fee is \$125 as of September, 2007, and is payable on or before the first group meeting of the social skills training program. This fee will be collected only when your child begins a group, and is subject to change. **If you are interested in enrolling your child, please call (480) 965-7296 and ask to speak to the clinic secretary.** The clinic secretary will ask you for your name, your child's name, age, grade, and then place you on the wait list for the group. **Once you have given the clinic secretary your contact information, you can be assured that your child is on the wait list, and we will call you as soon as there is an available slot for a screening. As demand for the group increases, placement of your child in a group may take a semester or more.**

As groups in your child's age range are formed, a member of the Social Skills team will call you to arrange a phone screening with you, and an intake appointment for your child. At the intake your child will be placed in a small group situation with one or two other CPC therapists to assess each child's social strengths and needs. Please note that enrollment of children into intake appointments does not necessarily indicate actual group assignment. The goal of the screening process is to develop compatible groups, and to place your child appropriately as soon as possible. However, there may be instances where, after the screening process, we are unable to meet the needs of a particular child. In that case we will provide you with a list of referrals for counseling in the Phoenix area that may be appropriate for your child.

Program Location:

ASU Clinical Psychology Center  
ASU Main (Tempe) Campus  
2<sup>nd</sup> floor, Psychology Building, McAllister and Tyler Streets

Please note that the ASU Clinical Psychology Center also offers clinical service aimed at helping children and families with social problems and family issues. For more details, please call (480) 965-7296.

Thank you for your interest in the ASU Social Skills Training / Friendship Group.

Clorinda Schenck, M.A.  
Social Skills Group Coordinator