



Social Skills Groups with Positive Parenting Groups

At Behavior Therapy Associates, we understand the importance of providing social skills to build social-emotional competencies in children and adolescents. We also acknowledge that parents and caregivers need strategies to support their child's social skills development. Rather than focus on behavioral reduction strategies and what parents and children should **not** do, our Positive Parenting Group teaches parents the underlying causes of behavior and how to intervene. We focus on behavior replacement techniques through an understanding of behavioral principles.

Through their participation in Positive Parenting Groups and their child's participation in POWER-Solving® Groups, parents have seen improvement in their child's ability to:

- Start, maintain, & end a conversation, as well as change topics appropriately
- Display calming strategies when upset, frustrated or angry
- Request help appropriately when needed
- Give others a compliment
- State triggers that contribute to feeling angry
- Improve social decision-making and problem-solving



What do parents like best about the POWER-Solving® Social Skills and the Positive Parenting Groups? Parents report:

- “My son always seems to have a “jump” in social skills when working with the POWER-Solving® Program.”
- “My child enjoyed participating in her group which raised her self-esteem.”
- “My child's experience with the social skills group and role playing. I think this helped her generalize to other settings.”
- “I like that I am given ways to better analyze my daughter's behaviors, and I am given ideas for strategies that I can implement.”
- “The exchange of information among parents is helpful in two ways: 1) Knowing that you are not alone. 2) Some tips and ideas on how to deal with similar issues.”

What do the children like about Social Skills Group? They report:

- “To learn how to make friends and to be in a group together.”
- “When we use our books for POWER-Solving®.”

Parents, if you are interested in you and your child participating in these groups, please call 732-873-1212 or email info@BehaviorTherapyAssociates.com for information. Groups are forming now and sessions begin in early Fall!

POWER-Solving® Social Skills Groups at Behavior Therapy Associates



Does your child have difficulty:

**Making friends
Solving social problems**

**Understanding feelings
Getting along with others**

What is POWER-Solving®?

POWER-Solving® is a social skills curriculum for teaching young people critical social-emotional skills they need. It has been applied successfully in classrooms, summer programs, clinical settings and home environments.

What are Social Skills Groups?

Social Skills Groups provide an opportunity to learn critical social skills in a safe and fun environment with peers. The 3D approach of Discuss, Demonstrate and Do enhances the learning opportunity.

What is the Format?

Group 1: A child group and a parent group will meet separately at the same time for 10 weekly meetings. The parent group will focus on Behavior Parent Training as well as generalizing the POWER-Solving® skills to the home, school and community.

Group 2: This is offered for children that have already completed group 1 and are returning students. There are 10 weekly meetings. Parents will meet for week 1 and week 10. Children will meet during weeks 2 through 9.

Where?

Behavior Therapy Associates, 35 Clyde Rd., Suite 101, Somerset, New Jersey.

When?

All groups will occur during after-school hours.

*Days and Times to be determined based upon interest and availability

Fee?

Group 1: Child and Parent Group: The fee is \$999.00 and includes the child group, the parent group and the POWER-Solving® workbooks.

Group 2: Child Group (returning students): The fee is \$669.00 and includes the POWER-Solving® workbooks.

How do I register? call 732-873-1212 to register and for more information