



UCLA PEERS® for Adolescents Certified Training Seminar: Parent-Assisted Social Skills Training Program

**Evidence-Based Social Skills Training for
Adolescents with Autism Spectrum Disorder &
Other Social Challenges**

February 7- 9, 2018

UCLA PEERS® Clinic, UCLA Semel Institute
Los Angeles, CA

Dr. Elizabeth Laugeson

Founder & Director, PEERS® Curriculum Developer

Course Description

The PEERS® for Adolescents Certified Training Seminar is designed exclusively for mental health professionals, educators, medical professionals, speech and language pathologists, occupational and recreational therapists, researchers, and other professionals who work with youth with social challenges. PEERS® is the **ONLY** available evidence-based social skills program for adolescents and adults with autism spectrum disorder, and is used clinically for youth with ADHD, anxiety, depression and other social challenges. Attendees will obtain 24 hours of training in the implementation of *Social Skills for Teenagers with Developmental and Autism Spectrum Disorders: The PEERS® Treatment Manual* (Laugeson & Frankel, 2010) and the research behind the program. This training will enable providers to implement PEERS® in clinical or educational settings as PEERS® Certified Providers.

The 14-week PEERS® Treatment Manual brings UCLA's highly acclaimed and internationally recognized PEERS® intervention into the community and/or school setting using:

- 90-minute weekly lesson plans for adolescent and parent groups
- Concrete rules and steps of social skills for making and keeping friends
- Proven strategies for handling peer rejection and conflict
- Unique and fun activities for adolescents to practice newly learned skills
- Corresponding homework assignments to generalize skills
- Parent handouts outlining the skills and homework assignments
- Tips for therapists to prepare for lessons and strategies for overcoming potential pitfalls
- An overview of the research underlying this program

Topics of Instruction in the PEERS® Treatment Manual:

- How to use appropriate conversational skills
- How to start, enter, and exit conversations with peers
- How to appropriately use electronic forms of communication
- How to find friends and choose relevant social networks
- How to appropriately use humor and assess humor feedback
- How to organize and have get-togethers with friends
- How to be a good sport during games and activities
- How to handle arguments and disagreements with friends
- How to handle teasing, physical bullying, cyber bullying, and rumors or gossip
- How to change a bad reputation

Attendees will have the unique opportunity to learn directly from **Dr. Elizabeth Laugeson, co-developer of PEERS®**, on the effective administration of this empirically supported program. Dr. Laugeson, Founder and Director of the UCLA PEERS® Clinic, and Ruth Ellingsen, post-doctoral fellow at the UCLA PEERS® Clinic will serve as the course instructors throughout training.

Learning Objectives for Training

- Attendees will learn about the friendship and social difficulties common to adolescents with autism spectrum disorder and other social challenges.
- Attendees will learn how to conduct group social skills training for adolescents and their parents.
- Attendees will become familiar with the PEERS® Treatment Manual and the research upon which it is founded.
- Attendees will be equipped with the tools to deliver PEERS® in community mental health, medical, research, or educational settings.

Training Materials

Each attendee will receive the following training materials on-site:

- *Social Skills for Teenagers with Developmental and Autism Spectrum Disorders: The PEERS® Treatment Manual* (Laugeson & Frankel, 2010)
- *The PEERS® Curriculum for School-Based Professionals: Social Skills Training for Adolescents with Autism Spectrum Disorder* (Laugeson, 2014)
- *The Science of Making Friends: Helping Socially Challenged Teens and Young Adults* (Laugeson, 2013)
- *Companion DVD* with 24 role-play videos (Laugeson, 2013)

Training is conducted by Dr. Elizabeth Laugeson, co-developer of PEERS®, and Dr. Ruth Ellingsen, post-doctoral fellow, using the following training methods:

- Interactive and comprehensive didactic instruction in using the *PEERS® Treatment Manual*
- Video demonstrations of adolescent social skills groups
- Live role-play demonstrations and behavioral rehearsals exercises of targeted social skills
- Four-hours of **LIVE OBSERVATION** of adolescent and parent social skills groups

Training Cost and Schedule

- The cost of the **PEERS® Certified Training Seminar** is **\$2,200 per person**
- Trainings are held at the **UCLA Semel Institute for Neuroscience and Human Behavior** in Los Angeles
- Food and beverages (including breakfast and a light lunch) are provided throughout the training
- Trainings are small in size to facilitate group discussion
- The training spans **3 days (24 hours total)**

To register for the PEERS® for Adolescents Certified Training Seminar:
Parent-Assisted Social Skills Training Program
www.semel.ucla.edu/peers
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