



UCLA PEERS® for Young Adults Certified Training Seminar: Caregiver-Assisted Social Skills Training Program

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

February 26-28, 2018

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

Dr. Elizabeth Laugeson

*Founder & Director, PEERS® Curriculum Developer
Associate Clinical Professor*

Course Description

The PEERS® for Young Adults 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 young adults 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 *PEERS® for Young Adults: Social Skills Training for Adults with Autism Spectrum Disorder and Other Social Challenges* (Laugeson, 2017) and will receive certification as PEERS® Certified Providers upon full completion of the training.

The 16-week PEERS® for Young Adults Treatment Manual brings UCLA's highly acclaimed and internationally recognized PEERS® intervention into the community and/or university setting using:

- 90-minute weekly lesson plans for young adult and caregiver/social coaching groups
- Concrete rules and steps of social skills for making and keeping friends and dating
- Proven strategies for handling peer rejection and conflict
- Unique and fun activities for young adults to practice newly learned skills
- Corresponding homework assignments to generalize skills
- Social coaching 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® for Young Adults Treatment Manual:

- How to use appropriate conversational skills
- How to choose appropriate friends
- How to appropriately use electronic forms of communication
- How to appropriately use humor and assess humor feedback
- How to start, enter, and exit conversations between peers
- How to organize successful get-togethers with friends
- How to develop romantic relationships and use appropriate dating etiquette
- How to handle arguments and disagreements with friends and in relationships
- How to handle rejection, teasing, bullying, and rumors/gossip

Attendees will have the unique opportunity to learn directly from **Dr. Elizabeth Laugeson, developer of PEERS®**, on the effective administration of this empirically supported program. Dr. Laugeson, Founder and Director of the UCLA PEERS® Clinic, will serve as the course instructor throughout training.

Learning Objectives for Training

- Attendees will learn about the friendship and social difficulties common to young adults with autism spectrum disorder and other social challenges.
- Attendees will learn how to conduct group social skills training for young adults and their parents/caregivers.
- Attendees will become familiar with the PEERS® for Young Adults 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:

- *PEERS® for Young Adults: Social Skills Training for Adults with Autism Spectrum Disorder and Other Social Challenges* (Laugeson, 2017)
- *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, developer of PEERS®, using the following training methods:

- Interactive and comprehensive didactic instruction in using the *PEERS® for Young Adults Treatment Manual*
- Video demonstrations of young adult social skills groups
- Live role-play demonstrations and behavioral rehearsals exercises of targeted social skills
- Four-hours of **LIVE OBSERVATION** of young adult and caregiver/social coaching 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 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 Young Adults Certified Training Seminar:
Caregiver-Assisted Social Skills Training Program

www.semel.ucla.edu/peers

peersclinic@ucla.edu

(310) 26-PEERS

