



# **Social Skills for Teenagers with Developmental and Autism Spectrum Disorders: The PEERS Treatment Manual**

*ELIZABETH A. LAUGESON, FRANKEL. FRED*

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# Social Skills for Teenagers with Developmental and Autism Spectrum Disorders: The PEERS Treatment Manual

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## Social Skills for Teenagers with Developmental and Autism Spectrum Disorders: The PEERS Treatment Manual ELIZABETH A. LAUGESON, FRANKEL. FRED

This book is essential reading for any clinician or researcher working with teens with autism spectrum disorders. This parent-assisted intervention for teens is based on a comprehensive, evidence-based, 14-week program at UCLA's Semel Institute for Neuroscience and Human Behavior, the manualization of the popular UCLA PEERS Program, and the success of the *Children's Friendship Training* (Routledge, 2002) manual for children.

After reviewing techniques designed to help parents and therapists tailor the manual to the needs of the teens with whom they are working, the text moves on to the individual treatment sessions and strategies for tackling issues such as developing conversational skills, choosing friends, using humor, get-togethers, teasing, bullying, gossiping, and handling disagreements. Each session chapter includes handouts, homework assignments, descriptions of what to expect (and how to handle challenges in delivering the intervention), and customized tips for both parents and therapists.

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