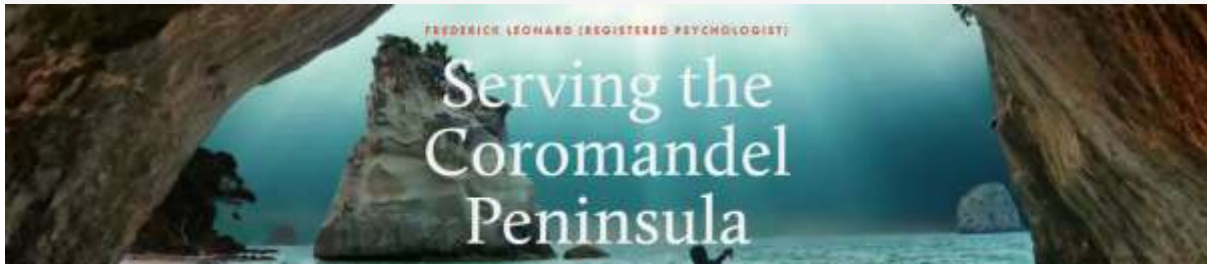


# WHITIANGA PSYCHOLOGY



## Group Interventions

I offer several social skills groups for young people from pre-school age through to secondary school. These groups are designed to teach preferred social skills to children and young people who struggle due to a lack of 'foundation skills' (turn-taking, sharing, sportsmanship), attention issues, impulsivity, anxiety, or issues related to an autism spectrum disorder. Even though some young people do not have an official diagnosis, they may still struggle socially and could benefit from this type of experience.

Each group session focuses on a specific area of need, such as starting/joining a conversation or game, or making/keeping friends. Group sessions incorporate both structured learning about the week's topic, as well as time to guide group members through the rehearsal process. Group participants are assisted in practicing their social skills in an environment that is designed to be similar to normal social interactions at school, a play date, or just spending social time with friends. During this time, I assist participants in navigating social situations and I provide 1:1 feedback. Children enjoy socializing with peers in an environment in which they feel safe and supported.

I also facilitate more focussed groups such as groups for social anxiety and parenting classes for children who present with high levels of undesired behaviours. Groups typically meet for one hour for 6-8 weeks at a regularly scheduled time. For more information, please contact me at: 0212 294 1968.