



Social Enjoyment Groups for Children, Teens and Young Adults with Autism Spectrum Disorders: Guiding Toward Growth

John Merges

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Young people with autism spectrum disorders (ASD) often feel uncomfortable and anxious in social situations, but socializing with classmates and colleagues can be made easier - and more enjoyable - with Guiding Toward Growth group sessions.

John Merges' simple yet effective program for teaching social enjoyment skills is based on the concept that there are ten hurdles that make it challenging for people with ASD to enjoy social interaction. This book guides the reader through planning, running, and assessing group sessions that have been designed to help participants overcome these hurdles, interact with confidence, and ultimately enjoy more independent and fulfilling lives. As social interaction is a vital element of any work environment, this book also teaches young adults with ASD an important employment skill.

This adaptable book can be used with a wide range of ages and communicative abilities, and will be an invaluable resource for all professionals working with groups of children and young people with ASD.

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