

# PEERS®

PEERS® is an evidence-based, Internationally acclaimed social skills program for teenagers (13-18) and young adults (18-38) which addresses conversational skills, finding common interests, use of humour, appropriate friendships, social gatherings, handling disagreements, coping with rejection and much more.

## What's involved in each session?

A important element of the program is the role of the "Social Coach". A social coach can be a parent, caregiver or adult sibling who will learn how to support the teen or young adult through the program. The participant must be motivated to attend with the social coach for the program to be successful. During the group sessions, the social coach will be provided with separate training sessions to provide them with knowledge and skillset to enhance the participant's social capacity. The participant and social coach will come together for the last section of each session to consolidate what they have learnt.

## What is the cost?

PEERS® includes 14 1.5 hour one hour weekly group therapy sessions plus pre and post program preparation, feedback and support. (28 hrs total) 14 1.5 hour weekly parent training social coach sessions (28 hrs total) 1:1 intake, assessment and reporting with facilitating therapist, including an NDIS Therapy Report (3 hrs total) Charged at the NDIS recommended Group Therapy and 1:1 Therapy rates: (NDIS recommended rate is subject to change)

## What are the outcomes?



### Communication

Increased confidence and reduced anxiety within social settings: knowing the steps of how to enter and exit individual or group conversations as well as host a get-together. Participants will also have increased knowledge of how to use and understand humour during social situations as well as using electronic communication with friends safely and appropriately!



### Friendships

Making & maintaining appropriate friendships: Increased knowledge of what makes a good friend & how to maintain these friendships. Participants will be able to identify at least 2 characteristics of a good friend & understand that friendship is a choice. Participants will develop the skills to introduce themselves to someone new, trade information & arrange a get-together & be able to handle disagreements among friendships.



### Problem Solving

Handling direct & indirect bullying: To increase the participants ability to identify, avoid & manage bullying effectively by demonstrating the steps and strategies taught through behavioural rehearsal.

