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Nota di contenuto	Social Skills Training for Adolescents with General Moderate Learning Difficulties; Contents; Preface; Introduction; Choice of Social Skills Training programmes; Strategies for using Social Skills Training programmes; Behavioural approaches; Cognitive approaches; Distinguishing between public and private; Developing language skills; Coping with real life; Need for practice; Aims of the programme set out in this book; National Curriculum Link; Part 1: How to start; Needs analysis; Social Skills Checklist; Interviews; Observations; Sociograms; Part 2: The Training Programme Introduction: Planning the sessions Session format; Physical organization; Communication with parents, carers and teachers; Timing of each session; Session 1: Listening and paying attention; Session 2: Listening and turn-taking; Session 3: Monitoring own body language and reading body language in others; Session 4: Recognizing own and others' strengths; Session 5: Learning to say no to unreasonable demands and to cope with peer pressure; Session 6: Recognizing and describing feelings; Session 7: Learning to control own feelings Session 8: Being confident to explain own views and to ask for support when needed Session 9: Recognizing and learning to resolve conflict; Session 10: Showing care and concern for others; Index

## Sommario/riassunto

After many years' social skills work with young people with Asperger Syndrome and other moderate learning difficulties, the authors have compiled a set of training sessions for teachers. Based on a multi-sensory cognitive-behavioural approach, the sessions cover pre- and post-intervention evaluation schedules, and interview and observation tools.

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