

# The UCLA PEERS<sup>®</sup> Programme three-day Training Course



*This is the first time this training is being run in the UK, giving you the opportunity to be one of the first Certified PEERS<sup>®</sup> Providers in the UK.*

The UCLA Program for the Education and Enrichment of Relational Skills (PEERS<sup>®</sup>) is a 14-week evidence-based and parent-assisted social skills intervention for motivated adolescents and young adults with Autism Spectrum Disorders who are interested in learning ways to help them make and keep friends.



**Dr Elizabeth Laugeson will be delivering a three-day training in the use of PEERS<sup>®</sup> in London for the National Autistic Society.**

The UCLA **Program for the Education and Enrichment of Relational Skills (PEERS)** is a new, cutting-edge social skills intervention. The parent-assisted intervention, soon to be cited by NICE as the best example of an evidence-based social skills intervention for youth with ASD, is aimed to assist motivated teens and young adults with autism spectrum disorders who are interested in learning ways to help them make and keep friends.

## Target Audience for the 3 day Training

This training is designed specifically for mental health professionals and educators interested in learning and/or implementing the PEERS intervention into their clinical practice. It will give you 3 days of intensive instruction regarding the PEERS<sup>®</sup> research and intervention which will enable implementation of the PEERS<sup>®</sup> intervention into your clinical practice.

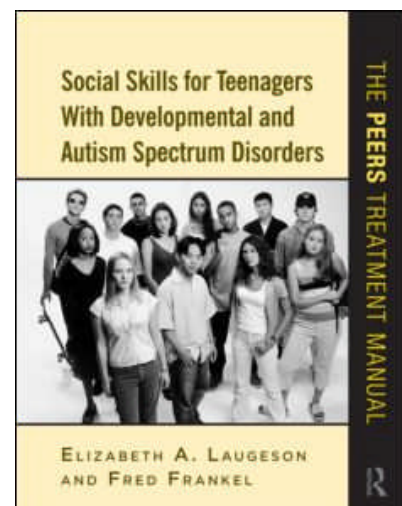
## About the UCLA PEERS<sup>®</sup> Intervention:

PEERS<sup>®</sup> is a 14-week evidence-based and parent-assisted social skills intervention for motivated teens and young adults with Autism Spectrum Disorders who are interested in learning ways to help them make and keep friends. The PEERS<sup>®</sup> intervention is well supported by positive outcomes in a randomised controlled clinical trial and follow-up study (Laugeson, Frankel, Gantman, Mogil, & Dillon, 2008; Laugeson, Frankel, Mogil, & Dillon, 2009).

During each group session teens are taught important social skills and are given the opportunity to practice these skills in session during socialisation activities (e.g. playing sports, board games, etc.). Parents are taught how to assist their son or daughter in making and keeping friends by providing feedback through coaching during weekly socialisation homework assignments.

### *Topics of Instruction include:*

- How to use appropriate conversational skills
- How to find common interests by trading information
- How to use electronic forms of communication
- How to choose appropriate friends
- How to appropriately use humour
- How to enter and exit conversations between peers
- How to handle rejection, teasing, and bullying
- How to handle rumours and gossip
- How to organise and have get-togethers with friends
- How to be a good sport during games and activities
- How to handle arguments and disagreements with friends
- How to change a bad reputation



## Learning objectives for the 3 day training

Participants will be able to...

1. Learn about the friendship difficulties common to adolescents with Autism Spectrum Disorders.
2. Become familiar with the PEERS<sup>®</sup> research and clinical intervention.
3. Become familiar with how to administer the PEERS<sup>®</sup> intervention to parents and teens.
4. Be able to evaluate the success of their delivery of the PEERS<sup>®</sup> intervention to their patients.

Each delegate will receive a copy of the formalized PEERS<sup>®</sup> intervention manual, **Social Skills for Teenagers with Developmental and Autism Spectrum Disorders: The PEERS Program** (Laugeson & Frankel, 2010).

For more information about PEERS<sup>®</sup>:

Watch the free Webinar on the NAS website



[www.autism.org.uk/webinars](http://www.autism.org.uk/webinars)

*"The science of making friends for teens and young adults with ASD: the UCLA PEERS<sup>®</sup> programme"*

This webinar gave an overview of the PEERS<sup>®</sup> programme, talking about why it was developed and how it is structured. It provided a fascinating insight into this new intervention for teens and young adults and gives a unique opportunity to listen to its creator, Dr Elizabeth Laugeson, responding to questions about the programme and how it works.

Visit the PEERS<sup>®</sup> Website or Facebook page:



[www.semel.ucla.edu/peers](http://www.semel.ucla.edu/peers)

or

[www.facebook.com/uclapeers](http://www.facebook.com/uclapeers)

## Course details

<b>Cost</b>	Special Introductory offer rate of £499 + VAT
<b>Date</b>	12 to 14 June 2013
<b>Time</b>	9.00am – 5.00pm each day
<b>Venue</b>	Euston Square Hotel 152-156 North Gower Street London NW1 2LU

## Bookings

To book a place on this course, please complete the Application Form or contact us:

Email: [training@nas.org.uk](mailto:training@nas.org.uk)

Tel: 0141 285 7117