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## Learning Social Skills Through Natural and Paid Supports

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### Recommended Citation

Sundermeyer, Miyah, "Learning Social Skills Through Natural and Paid Supports" (2017). *Georgia Association for Positive Behavior Support Conference*. 65.  
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# Learning Social Skills Through Paid and Natural Supports



Social support



## Autism



the world from a different perspective

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# About Me



I wear 5 hats in society...

1. Research and project assistant at Georgia State
2. Last year psychology major at Georgia State
3. Home owner
4. Have a series of blogs
5. Mommy to a new cat

# My Social Skills Experiences

- You think I am here to talk about my experiences of living with autism and learning social skill right?

**Nothing**  
*teaches us better than our own*  
**experiences!**



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# Wrong!



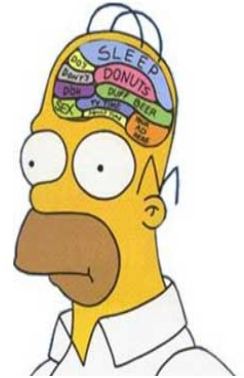
## **Conference= practical application Objectives**

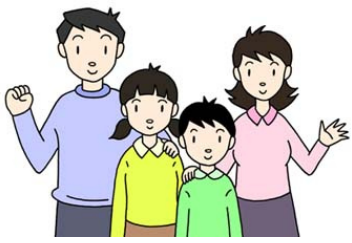
- Research on autism and social skills
- Point out learning social skills
- A. Natural Support
- B. Paid Support
- C. Other resources

# Research on Social Skills

Based on neuro imaging

- A. Frontal Lobes
  - I. Responsible for social skills
  - II. Damage in pre-frontal cortex
- B. Vasopressin
  - I. Found in Pituitary Gland-blood pressure
  - II. Study: Spinal compared 28 participants on the spectrum
  - III. Not sure if responsible- Inject hormone





# Natural Supports

- What are natural supports?
- A. Family members, friends, employers or colleagues, coworkers, mentors, people in community
- B. Types of social skills: Temple Grandin
- <https://www.youtube.com/watch?v=a9Z5CCvGiZ4>







# Examples

- Table manners
- Turn taking
- Eye contact
- Appropriate humor
- Anger management
- Communication
- Dealing with irate people and bullies



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# What should be done?



- Be honest and direct with tact: Pulling
- individual to the sides
- Mentors visually play role of individuals
- Play games at tables– Patrick situation “The
- loving push.”
- Baby steps
- Role play and practice going to parties, places
- in communities



# What should not be done?

- Yelling and screaming
- Name calling
- Nagging
- Calling the out on the spot
- No hints or sarcasm
- Humiliating



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# Paid Supports



- What are paid supports?
- Therapy sessions, support groups, mentor
- programs, age group social gatherings, animal
- Therapy

A. Therapists, Behavioral Specialists, Coaches,  
Teachers,

- Forever Florida- Horses for Social Skills

<https://www.youtube.com/watch?v=pxCNRlroA8>



# Examples

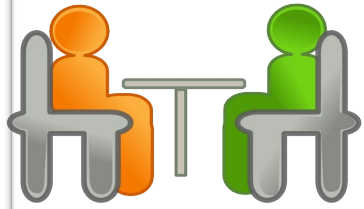
- Learn to take turns talking or talking more-use
- rewards
- • Theatrical models to read facial expressions
- • Exercises – Listening
- • How to socialize at parties and social gatherings –Matt Segal and Toni Thomas
- • Reading Facial Expressions



# Continued...



- Invite clients to do things in community-tips in the mail – Places like Coffee shops
- shop to practice social interaction
- • PEERS- Teenagers where parents and teens separated.
- A. 14 Sessions- each week different topic- Coach and Teen Leader
- B. Homework each week- Practicing making appropriate phone calls
- C. Taught table manners
- D. Example- Jeopardy to get to know each other and finding common interests
- E. Trained to handle parents with inappropriate behavior



# Do's

- If behavior is inappropriate- Pull to side or call
- after event is over and be direct.
- Have clients sit at different tables-color coding-
- Mention when there are new clients and
- introduce
- Offer mentor sessions- one on one.
- Check in and out.
- Listen to client



# Don'ts



- Correct or humiliate them during event
- Minimize client something bothers them-
- Just say “That’s inappropriate” or “That’s not appropriate” and walk away.
- Nit pick every little detail of client’s behavior or nagging.
- Setting poor example: Sarcasm and name calling.





# Other forms of Support

## Internet

A. Daniel Wendler- TEDx talk-"My Life with Asperger's." CEO of Improve your Social Skills.

1. Offers coaching for a price
2. Lots of other free practical advice on social skills and a forum
3. Has a YouTube channel- with free tips



# Other forms continued

- Asperger Experts
- A. Co-founder Danny Raede- Asperger's
- B. Offers courses, webinars, blogs, Life Coaching
- C. Help clients become familiar with a biological term known as the "Defense Mode."
- <https://www.aspergerexperts.com/defense-mode/what-is-defense-mode/>
- • Other courses on becoming responsible and getting unstuck- Can help explain why outburst occur
- • Lots of free videos on youtube as well as courses and webinars-

# Resources

- Autism Skills for Life: <http://autismskills4life.com/>
- The Community School: <https://thecommunityschool.net/>
- Emory Autism Center:  
<http://www.psychiatry.emory.edu/PROGRAMS/autism/>
- Learning on the Log: <http://www.learningonthelog.com/>
- Marcus Autism Center: <http://www.learningonthelog.com/>
- Online Supports:  
• Asperger Experts: <https://www.aspergerexperts.com/>
- Do2Learn:  
<http://do2learn.com/organizationtools/SocialSkillsToolbox/index.htm>
- Improve Your Social Skills:  
[http://autismskills4life.com/about/Autism Skills for](http://autismskills4life.com/about/Autism%20Skills%20for%20Hello%20World%20with%20Miyah)
- Hello World with Miyah:  
[https://www.youtube.com/channel/UCvee5Vz\\_h9bsFTwXbU3\\_GdA](https://www.youtube.com/channel/UCvee5Vz_h9bsFTwXbU3_GdA)

# Books

- Books
  - “Social Skills for Teenagers with Developmental and Autism Spectrum Disorders”: Elizabeth A. Laugeson and Fred Frankel
  - “The Loving Push: How Parents and Professionals can help spectrum kids become successful adults,” Temple Grandin, Deborah Moore\
  - “The Way I See it:” Temple Grandin, Ph.D, Foreward Emily Gerson-Saines.



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