

# Social Skills Training for Youth with Autism Spectrum Disorder and Other Social Challenges

Deficits in social skills are considered one of the defining challenges among young people with Autism Spectrum Disorder (ASD), yet few evidence-based social skills programs exist for higher functioning youth with ASD. This seminar will provide an overview of the social skills needed for making and keeping friends and handling peer conflict and rejection. You will be given tips on how to provide social coaching using concrete rules and steps of social behavior derived from the widely popular PEERS® program, the only known evidence-based social skills program for teens and young adults with ASD. Within the framework of solid research evidence about what works and what doesn't work socially, attendees will be given easy-to-use strategies to assist young people with making and keeping friends. The seminar will include topics such as appropriate use of conversation skills; strategies for entering conversations; and advice for managing arguments and handling teasing, physical bullying, cyber bullying, rumors, and gossip.

**Target Audience**  
Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

- 1) Report 5 social deficits among youth with ASD
- 2) Identify 5 evidence-based methods for teaching social skills
- 3) Describe the steps for entering group conversations
- 4) Explain the ecologically valid method for handling teasing
- 5) Describe how to handle rumors and gossip

## Seminar Schedule

Typically begins at 1:00 PM and ends at 4:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begin 1 PM ET  
Overview of PEERS®  
Social deficits and consequences of peer rejection in autism spectrum disorder  
Limitations of existing social skills programs  
Effective methods of social skills instruction  
Overview of PEERS® curriculum and summary of research findings  
The Science of Making Friends for Youth with ASD  
Starting and maintaining conversations  
Break 2:30-2:45 PM ET  
Joining group conversations  
Assessing acceptance in conversations  
The Science of Handling Rejection for Youth with ASD  
Handling teasing  
Handling physical bullying  
Minimizing rumors and gossip  
Managing cyber bullying  
End 4:14 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

SOCIAL WORKERS: tzkseminars (Provider # 1242) is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. tzkseminars maintains responsibility for this course. ACE provider approval period: 3/28/2022 to 3/28/2025. Social workers completing this course receive 3 general continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.

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tzkseminars is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

## The Presenter

Ruth Ellingsen, Ph.D. is a postdoctoral fellow in the Department of Psychiatry and Biobehavioral Sciences at the UCLA Semel Institute for Neuroscience and Human Behavior. Dr. Ellingsen received her doctorate in clinical psychology from UCLA in 2016 and completed a clinical internship in child psychology at UCLA from 2015-2016. As a postdoctoral fellow for the UCLA PEERS® Clinic, Dr. Ellingsen co-facilitates PEERS® for Adolescents and PEERS® for Young Adults social skills intervention groups under the mentorship of Dr. Elizabeth Laugeson. She is also a postdoctoral fellow in the UCLA Nathanson Family Resilience Center where she specializes in the prevention and treatment of traumatic stress in children and families. Her research focuses on factors that influence positive parenting of children at risk.

### General Information

The TZKseminars educational planning committee members and this seminar's presenter have no relationship with a commercial interest pertinent to the content of this seminar.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

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