



# BrainWave Centre

Objective Measurement...  
Confident Management

## INFORMATION Sheet

### Social Skills Program

#### What are social skills?

We employ social skills in the way we interact, relate and respond to others. Many children and adolescents experience temporary difficulties in their relationship with others. For some young people, interpersonal difficulties are a persistent problem and result in increased anxiety and poor social adjustment. Poor social skills can cause individuals to become reclusive and isolated. Alternatively, they may exhibit socially inappropriate or uninhibited behaviour, which appears to reject all norms. Poor social skills reduce the ability to develop a strong understanding of the basics of interaction.

#### What is the program like?

The Social Skills Training is a program which presents a comprehensive package of leading information and activities that provide children and adolescents (5 - 18 years), with the means to build social competence. The program focuses on the identification of the problem areas in individual children or adolescents and assists them to challenge negative thinking. It fosters a change in their thinking in order to develop self-confidence and the skills necessary to engage in sound social interactions.

We have developed our approach through experience and with the use of cognitive behavioural measures, thus providing an educational and therapeutic program which addresses individual needs and the severity of the difficulty. Social skills training in the program has been designed to be as non-threatening as possible in order to avoid increasing anxiety on the part of the patient/student and their parents.

#### What are the participation options?

The main program is run in groups of between 6 to 10 persons, however individual specialist guidance and counselling is also available. Groups are divided into appropriate age groupings. These range from ages 5-18 years.

#### How long is the program?

The group program is run for five sessions, each lasting one hour.

What are the options in undertaking this program?

##### 1. Group- based

Week 1: Parenting skills session is attended by patients/student with their parents (1 hour duration).

Weeks 2-5: Group-based interactive learning attended by the patients/students only (1 hour duration each week).

##### 2. Family- based

Week1-5: Usually two family members participate (1 hour duration each week).

##### 3. Individual Program

Week 1-5: Private consultations- The program is adapted to the needs of the individual patient/student.

#### How much does the program cost?

Cost is dependent on the option chosen for this social skills training program. Patients may qualify for a Mental Health Care Plan for part of the service. Mental Health Care Plans are generally initiated and drawn up by the referring doctor. Both specialists and GP's can refer patients under this plan, which may attract Medicare rebates for some psychology services. You may wish to talk with our staff at the BrainWave Centre about these Plans.

#### What happens when the program is over?

The BrainWave Centre can offer further counselling which is additional to that presented in the program. Further assessment and therapy can also be organised should there be a need.