



## FAQs

### Q: How often do groups meet?

A: Groups meet weekly for 12 sessions on the same day and time each week. For example, Mondays at 5:00 p.m.

### Q: How long does each group last?

A: Group sessions are 50 to 75 minutes in length, depending on the specific type of group.

### Q: How large are the groups?

A: Typically, there are four to eight youth in each group, although this number may vary somewhat based on the particular group.

### Q: How many leaders are there per group?

A: Groups generally have two group leaders. PEERS has additional group leaders who facilitate the parent group.

For more information, please call a Group Coordinator: Danielle Wolfson, LMHC, (585) 273-4099 or Robyn Broomfield, LMHC, (585) 602-2420



## Contact Us

For more information, please call Pediatric Behavioral Health & Wellness at (585) 279-7800.

### Main Locations:

1860 South Aveune  
1st Floor  
Rochester, NY 14620  
  
200 E. River Road  
3rd Floor  
Rochester, NY 14623

Phone: (585) 279 7800  
Fax: (585) 256 1901

[golisano.urmc.edu/behavioralhealth](http://golisano.urmc.edu/behavioralhealth)

## Pediatric Behavioral Health & Wellness Group Therapy for Youth with Autism Spectrum Disorders



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## How can group therapy help kids with ASD?

Group therapy provides a great opportunity to learn and practice skills with support and coaching from group leaders. During group sessions, children and adolescents connect with their peers and see they are not alone.

Since kids with ASD tend to experience social challenges – including difficulty communicating and interacting effectively with others – group therapy can be a safe place for them to learn and practice social and communication skills, such as listening and conversation skills.

Many children and adolescents with ASD have trouble regulating their emotions and behavior. They may also experience significant anxiety. Our groups focus on helping them develop and use adaptive coping strategies to improve their functioning.

## About Our Groups for Children & Adolescents with ASD

### Social Skills

In these groups, members learn and practice social, coping and communication skills. Examples of skills covered include: making friends, problem-solving, conversation skills and effective coping strategies. Groups are offered for children and teens ranging in age from preschool to high school (typically, there is no more than a two-year age span for each group).

### PEERS (Program for the Education and Enrichment of Relational Skills)

This program enables teens and their parents to participate in step-by-step social skills training developed at UCLA for teens on the autism spectrum, as well as those with related concerns. Skills covered in group include: using humor, entering and exiting conversations, arranging get-togethers and teasing the teaser. Parents take part in a parallel parent group and learn ways to support their teen's progress.

### Cognitive Behavioral Therapy (CBT) for Anxiety

These groups allow participants to develop a better understanding of anxiety, as well as to learn and practice a variety of relaxation and coping skills including cognitive and behavioral strategies. The groups are mixed gender, and there are separate groups for children and teens.

### Social Thinking Drama Group

Group members use drama therapy techniques (including improvisation, storytelling and role plays) to practice and expand their social thinking and related social skills, such as cognitive flexibility and perspective taking. These groups are mixed gender, and there are separate groups for younger and older children.



## How do I learn more about group therapy?

Please call our main number at **(585) 279-7800** to schedule a brief phone screen, during which information about your child is gathered.

If your child is a good fit for group therapy, you will be asked to come in for a screening appointment to help match your child to a group. This is an excellent opportunity to learn more and see which group best meets your child's needs.