



## PEERS® for Young Adults: Social Skills Training for Adults with Autism Spectrum Disorder and Other Social Challenges

By Elizabeth A. Laugeson



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*PEERS® for Young Adults* presents the first evidence-based group treatment program for young adults with Autism Spectrum Disorder, as well as other neurodevelopmental disorders and social challenges. Inside, readers will find a critical step forward in the dissemination of effective behavioral interventions for young adults in the form of 16 engaging group session outlines that are both user-friendly and backed by empirical research. Each session is accompanied by homework assignments and practice suggestions designed to reinforce the group's understanding of the skills learned during each meeting. This practical resource will prove to be an invaluable reference for any clinician or educator working with this population.

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## PEERS® for Young Adults: Social Skills Training for Adults with Autism Spectrum Disorder and Other Social Challenges By Elizabeth A. Laugeson Bibliography

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### **Editorial Review**

#### Review

"Liz Laugeson's PEERS® was the first evidence-validated system for teaching autistic kids to make friends and work together. Her program began with teens, and this important new work extends PEERS® into young adults of college age and beyond. As an autistic adult I'm proud to have been a supporter of Dr. Laugeson's work from the beginning, and I hope you will see as much value in her new book as I do."

**John Elder Robison, *New York Times* bestselling author, neurodiversity scholar, College of William & Mary**

"Elizabeth Laugeson is to be congratulated for taking on the enormous task of attempting to systemise the social world for adults with autism. The rules governing the social world are complex, subtle and implicit. People with autism often complain that the social world lacks a "manual." This book is an impressive effort to provide one and is supported by evidence for its effectiveness."

**Professor Simon Baron-Cohen, Autism Research Centre, Cambridge University**

"This manual provides a self-contained and comprehensive set of lesson plans for teaching able young adults with ASD ecologically valid social skills, supported by social coaching from their caregivers. It combines well established CBT principles with deep, and often humorous insights into the mechanics of establishing and keeping meaningful relationships; it is a must read for all clinicians managing able adults with ASD."

**Dr. Anthony J. Bailey, chair of Child and Adolescent Psychiatry, University of British Columbia, Institute of Mental Health**

"Since the vast majority of interventions for autism focus on very young children, this manual, which extends the scope of the well-established PEERS® intervention to adults with autism, is particularly welcome. The group-based program described provides practical and evidence based strategies for dealing with the day-to-day social challenges faced by individuals with autism as they approach adulthood. It should prove a valuable resource for clinicians and other professionals working with this client group."

**Patricia Howlin, emeritus professor of clinical child psychology, King's College, London**

"The social difficulties in autism remain both the most important and most challenging to treat. This comprehensive volume is a major contribution to the treatment literature. Practical and yet evidence-based, this book will be of great value to individuals with autism spectrum disorders, their parents, and supporters. It is highly recommended."

**Fred R. Volkmar, MD, Irving B. Harris professor, Child Study Center, Yale University School of Medicine, editor in chief, *Journal of Autism and Developmental Disorders*, editor, *Encyclopedia of Autism***

## About the Author

**Dr. Elizabeth A. Laugeson** is a licensed clinical psychologist and an assistant clinical professor in the Department of Psychiatry and Biobehavioral Sciences at the UCLA Semel Institute for Neuroscience and Human Behavior. Dr. Laugeson is the director of the Help Group?UCLA Autism Research Alliance, a collaborative research initiative dedicated to developing and expanding applied clinical research in the treatment of children and adolescents with ASD. She is also the training director for the UCLA Tarjan Center for Excellence in Developmental Disabilities (UCEDD), and the founder and director of the UCLA PEERS® Clinic, an outpatient hospital-based program providing parent-assisted social skills training for individuals with ASD, ADHD, depression, anxiety, and other social impairments across the lifespan.

## Users Review

### From reader reviews:

#### **Evelyn Garcia:**

The reserve untitled PEERS® for Young Adults: Social Skills Training for Adults with Autism Spectrum Disorder and Other Social Challenges is the guide that recommended to you you just read. You can see the quality of the e-book content that will be shown to anyone. The language that author use to explained their way of doing something is easily to understand. The author was did a lot of research when write the book, hence the information that they share to you is absolutely accurate. You also might get the e-book of PEERS® for Young Adults: Social Skills Training for Adults with Autism Spectrum Disorder and Other Social Challenges from the publisher to make you a lot more enjoy free time.

#### **Mary Rohe:**

Your reading 6th sense will not betray anyone, why because this PEERS® for Young Adults: Social Skills Training for Adults with Autism Spectrum Disorder and Other Social Challenges guide written by well-known writer who knows well how to make book which can be understand by anyone who else read the book. Written within good manner for you, dripping every ideas and publishing skill only for eliminate your personal hunger then you still question PEERS® for Young Adults: Social Skills Training for Adults with Autism Spectrum Disorder and Other Social Challenges as good book not only by the cover but also with the content. This is one reserve that can break don't evaluate book by its deal with, so do you still needing one more sixth sense to pick this particular!?! Oh come on your reading sixth sense already said so why you have to listening to an additional sixth sense.

#### **Caleb Jones:**

In this era which is the greater individual or who has ability to do something more are more special than other. Do you want to become one of it? It is just simple approach to have that. What you are related is just spending your time not much but quite enough to have a look at some books. Among the books in the top record in your reading list is definitely PEERS® for Young Adults: Social Skills Training for Adults with Autism Spectrum Disorder and Other Social Challenges. This book which can be qualified as The Hungry Mountains can get you closer in becoming precious person. By looking way up and review this e-book you can get many advantages.

**Betty Brown:**

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