



Group Therapy Techniques with Children, Adolescents, and Adults on the Autism Spectrum: Growth and Connection for All Ages

Kevin B. Hull

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Group Therapy Techniques with Children, Adolescents, and Adults on the Autism Spectrum is designed for psychologists, counselors, and social workers who are interested in using group therapy with children, adolescents, and adults diagnosed with autism spectrum disorders. In this book, Kevin Hull demonstrates the therapeutic value of group therapy with the unique population diagnosed with autism spectrum disorder. Providing detailed case studies that present Hull's group therapy techniques, the book covers four age groups: younger children, older children, adolescents, and adults, with techniques designed for each age range and ability. Sections for children and adolescents focus on the areas of emotional control and understanding of emotions, increasing perspective-taking, and increasing self-worth and self-awareness. The book presents bullying prevention techniques that provide children and adolescents with physical, emotional, and cognitive tools to overcome bullying. The section for adults focuses on increasing emotional understanding and perspective-taking, as well as relationship building and understanding personality. The book also provides guidance on how to help adults with problems of everyday living such as using community resources to assist with employment, transportation, and housing.

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