Navigating the Social World

A Curriculum for Individuals with Asperger's Syndrome, High Functioning Autism and Related Disorders

Table of Contents

Foreword by Dr. Tony Attwood
Author's Note
Acknowledgements
Introduction
How to Use This Book
A Brief Overview of Asperger's Syndrome and High functioning Autism

SECTION ONE. Recognizing and Coping with One's Own Emotions

Introduction: Recognizing and Coping with One's Own Emotions

Program I: Recognizing a Simple Emotion

Redirecting Negative Thoughts to Positive Thoughts

Program 2: Recognizing and Labeling More Emotions

Linking Nonverbal Clues to Emotions

Program 3: Expressing Emotions

Quantifying Emotions on a Continuum

Program 4: Stress I - Data Collection. Recognizing Stress Signals and

Causes and Effects of Stress

Program 5: Stress II - Self-Monitoring Stress Levels

Relaxation Strategies

Program 6: Stress III - Stress Prevention

SECTION TWO: Communication and Social Skills

Introduction: Communication and Social Skills
Program 7: Basic Conversational Responses

Program 8: Recognizing and Interpreting Nonverbal and

Contextual Clues in Other People

Program 9: Greetings and Goodbyes Program 10: Initiating Conversations

Program 11: Using Nonverbal Conversational Skills

Making SENSE in Conversations

Program 12: Recognizing and Using Tone of Voice Clues

Program 13: Conversational Manners
Program 14: Making Introduction
Program 15: Public vs. Private

Program 16: Offering and Asking for Help Program 17: Giving and Receiving Compliments

Program 18: Resolving Conflicts. Sharing Negative Feelings and Opinions

SECTION THREE: Abstract Thinking Skills

Introduction: Abstract Thinking Skills Program 19: Figurative Speech

SECTION FOUR: Behavioral Issues

Introduction: Behavioral Issues Behavioral Terms Used in this Book A Brief Look at Reinforcement Hidden Causes of Problem Behaviors Program 20: Compliance

APPENDICES

Appendix A: Additional Resource Materials

Appendix B: Handouts Appendix C: Templates

Appendix D: Program Tracking Forms

Appendix E: Glossary

Index