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SOCIAL SKILLS

INSTITUTE

SOCIAL

SKILLS GROUP

FOR TEENS

PEERS is a 16 week evidence based social skills intervention for motivated teens in middle and high school who are interested in learning ways to help them make and keep friends.

During each group session, teens are taught important social skills and are given the opportunity to practice these skills in session during socialization activities. Parents attend separate sessions at the same time and are taught how to assist their teens in making and keeping friends by helping to expand their teen's social network and providing feedback through coaching during weekly socialization homework assignments.

**Enrollment is Limited. Parent Participation is required.**

Your Teen Will Learn How To:

- use appropriate conversational skills
- appropriately use humor
- handle rejection, teasing, and bullying
- be a good host during get-togethers
- choose appropriate friends
- handle arguments and disagreements
- find common interests by trading information
- enter and exit conversations between peers
- handle rumors and gossip
- make phone calls to friends
- be a good sport
- change a bad reputation

**Is Your Teen Struggling To Make Friends???**

**Social Skills are Skills for Life**



## About Trainer

# LUISA CONTRERAS, LMFT, LPCC

*"As a mother of a young adult with ASD, I understand the pain you are experiencing when you see your child struggling to make friends. I foster a safe and supportive environment for parents, children, adolescents and young adults motivated to make social and emotional connections."*

Luisa Contreras, Licensed Marriage and Family Therapist and Licensed Professional Clinical Counselor is the Founder and Director of Clinical Services of La Vida Life Counseling Center. La Vida is a therapeutic center dedicated to help children, adolescents, adults, families and couples heal from the effects of trauma. Luisa is certified in Parent Child Interaction Therapy, proficient in Trauma Focused-Cognitive Behavioral Therapy, Emotionally Focused Therapy and Gottmann Method Couples Therapy. She has provided trainings for therapists contracted by LA County Department of Mental Health and First Five LA. Luisa was a speaker at the 14th Annual Parent-Child Interaction Therapy Conference (2014) sponsored by UC Davis Children's Hospital, First Five LA, LA County DMH, and the National Child Traumatic Stress Network (NCTSN). She has been a speaker at Chapman University training master level students in the treatment of childhood trauma and at Pepperdine University training master level students on providing culturally sensitive services to Latinos in the United States. In 2016 Luisa received the Bureau of Victim Services Commendation Award for "Helping Victims Become Survivors" from the Los Angeles County District Attorney's Office.

Luisa is also the Founder and Trainer of OC Social Skills Institute. A program committed to providing evidence based parent-assisted social skills trainings for children, adolescents and younger adults with Autism Spectrum Disorders and other social and behavioral impairments. Luisa received her training at UCLA by Dr. Elizabeth Laugeson, the UCLA PEERS Founder and Director of UCLA PEERS Clinic. Dr. Laugeson is the co-developer of the Program for the Education and Enrichment of Relational Skills (PEERS); the only evidence based social skills intervention for teens and young adults. Luisa was also trained by Dr. Carolyn Webster-Stratton, the founder of Incredible Years (IY), evidenced-based programs. IY are a series of parent-assisted programs that develop positive parent-teacher-child relationships and assist in preventing and treating behavior problems and promoting social, emotional and academic competence before a child becomes an adult.

**For Enrollment information, please contact us at  
(949) 478-5735 or  
[www.ocsocialskillsinstitute.com](http://www.ocsocialskillsinstitute.com)**