

Social Skills Training

Instructs Students On:

- Sending “I” messages
- Dealing with bullying & harassment
- Effective communication with peers & adults
- Learning how to apologize
- Managing anger
- Identifying and labeling feelings
- Learning to accept differences
- Peaceful conflict resolution
- Making good choices
- Developing appropriate boundaries
- Organizing and managing daily life

West County Psychological Associates

Social Skills Group

Promoting emotional growth and developing acceptance of others...

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What We Know:

Experts in the area of psychoeducation believe there are several advantages to using social skills training in the group setting:

- Youngsters generally find a group setting more attractive than 1:1 counseling.
- A group provides diverse models and an opportunity for students to receive feedback from their peers.
- The group provides an opportunity for students to teach each other.

What Parents & Teachers Say:

“I feel like my daughter really has a safe place to talk about her feelings.”

“My son was reluctant at first. It took a long time for him to warm up to the others. But now he looks forward to going to group. He finally has a place where he fits in. He has made some real changes both at home and at school.”

“I referred a student of mine to the social skills group at WCPA. He was struggling with impulse control problems. The group gave him the tools he needed to make good choices in order to have a more positive experience at school, in the classroom, with his peers and in his day-to-day life.”

“My daughter had a hard time making friends at school. She learned how to approach her peers in a positive way. Her self-esteem has really improved.”

“WCPA comes to our school twice a month to meet with our students who have poor social skills. The group has made a lot of progress over the year.”

Spaces for students to join a social skills group are currently available. Groups meet twice a month at WCPA and are broken into appropriate age groups.

For those schools who identify multiple students for social skills training, arrangements can be made for WCPA to facilitate groups on-site.

Referrals can be made by principals, teachers, school counselors, learning consultants or parents.

For more information or to refer a student, please call our office at (314) 275-8599.