

PEERS[®]

For Adolescents through the Center for Anxiety and Behavioral Change



PEERS[®] for Adolescents is a 14-week evidenced based social skills intervention for motivated teens who are interested in learning ways of making and keeping friends. Each session includes a didactic lesson and opportunities for the teens to practice the skills taught. Caregivers attend separate sessions at the same time and are taught how to assist their teens in making and keeping friends through social coaching and homework exercises.

Age Range: Middle and high school residents in MD and VA

Start Date: September 2021

Day/Time: Thursdays 5:00pm - 6:30pm

Duration: 14 weekly sessions

Cost: \$140/teen + \$140/caregiver session + one time intake fee

Location: Zoom

Contact: Dr. Katie Gifford at drgifford@changeanxiety.com

Research on telehealth sessions has demonstrated comparable results to in-person PEERS[®] sessions

Teens Will Learn How To:

- Use appropriate conversational skills
- Use humor appropriately
- Use electronic communication
- Choose appropriate friends
- Enter & exit conversations
- Be a good host during get-togethers
- Be a good sport
- Handle arguments and disagreements
- Change a bad reputation
- Handle rumors and gossip
- Handle rejection, teasing and bullying

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