

# SOCIAL SKILLS PROGRAM for youth with Social Cognitive Issues

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## 9-week Social Skills Program at **NCEFT**

This 9-week social skills program is tailored for 10 to 14-year-old youth who struggle with social cognitive deficits. In this experiential program, we will focus on increasing self-mastery and building social/character skills that will enable participants to feel more confident in their ability to circumnavigate the social aspects of daily life. In both human and equine realms, expected and unwritten social rules dictate "acceptance." Temple Grandin, autistic author of *Animals in Translation*, reports that both horses and the majority of people with Asperger's "think in pictures." We will focus on "thinking with our eyes," to heighten observation skills and create awareness of subtle physical cues that signal what both horses and humans are thinking. This sort of observation and learning will improve social communication with both equines and humans. Participants will learn to identify and read non-verbal cues equines use to communicate with humans and other horses. This Native American-themed program centers on the connectedness of humans, animals and nature; called the "The Circle of Life," it is based on over-arching respectful relationships that facilitate interrelated harmony.

### **Social Skill Program Highlights**

- Interactive Social Skill curriculum
- Small group size (6-8 participants)
- 90-minute hands-on sessions
- Equine ground and mounted activities
- Character skill-building focus
- Verbal/non-verbal communication skills
- Respectful interactions
- Social rules/expectations
- Cooperative skill-building games
- Cost: \$995.00 for nine sessions
- Begins Mar. 23, 2010, Tues 4:30-6PM

### **National Center for Equine Facilitated Therapy (NCEFT)**