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How Everyone on the Autism Spectrum, Young and Old, can...: become Resilient, be more Optimistic, enjoy Humor, be Kind, and increase Self-Efficacy - A Positive Psychology Approach

Ayelet Kantor, Lewis Lipsitt, Cooper R. Woodard, June Groden
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Ayelet Kantor, Lewis Lipsitt, Cooper R. Woodard, June Groden : How Everyone on the Autism Spectrum, Young and Old, can...: become Resilient, be more Optimistic, enjoy Humor, be Kind, and increase Self-Efficacy - A Positive Psychology Approach before purchasing it in order to gage whether or not it would be worth

my time, and all praised How Everyone on the Autism Spectrum, Young and Old, can...: become Resilient, be more Optimistic, enjoy Humor, be Kind, and increase Self-Efficacy - A Positive Psychology Approach:

Encouraging people on the autism spectrum to foster positive emotions and character traits can dramatically improve their lives in every way, and help to strengthen their ability to cope with everyday challenges and setbacks. Drawing on the key concepts of positive psychology, this book looks in detail at five positive character traits - resilience, optimism, humor, kindness, and self-efficacy - and offers tried and tested strategies for bolstering each strength in individuals with ASD. The authors provide rich and varied lesson plans which contain a multitude of activities designed to build on the five areas identified, and which can be easily implemented at home, at school, or in the community. This complete "toolkit" provides parents, educators and other professionals with everything they need to know to use positive psychology strategies to support people of all ages and abilities on the autism spectrum.

This book is suitable for anybody caring for, supporting or working with someone on the autistic spectrum. It focuses on building positive traits, which provides a pleasant alternative to the many books that concentrate on problems and negative behavior... the building blocks that are provided here are great foundations for helping someone with Autistic spectrum Disorder go from strength to strength. -- Youth in Mind How Everyone on the Autism Spectrum... presents a positive psychological approach to nurturing positive emotions and character traits in individuals with autism. This book provides parents, teachers, and other professionals with ways to do this utilizing home, school, and community activities... By fostering positive character traits, you can improve the quality of life of individuals with autism. The five traits selected for this book have been fully described and related research presented. The latter section of the book contains many interesting activities that will allow the individual to work on the positive character traits. The book presents unique information with activities that are easy to implement. -- S-O-S Research blog This is a very thorough and uplifting aid for professionals working with persons with autistic and developmental disabilities. -- ForeWord Magazine This book encourages supporting persons with autism and developmental disabilities by building on character strengths and incorporating their whole life experiences, rather than working with a pathology - or deficit-based model. -- ForeWord s This book is suitable for anybody caring for, supporting or working with someone on the autistic spectrum. It focuses on building positive traits, which provides a pleasant alternative to the many books that concentrate on problems and negative behavior... the building blocks that are provided here are great foundations for helping someone with Autistic spectrum Disorder go from strength to strength. (Youth in Mind)How Everyone on the Autism Spectrum... presents a positive psychological approach to nurturing positive emotions and character traits in individuals with autism. This book provides parents, teachers, and other professionals with ways to do this utilizing home, school, and community activities... By fostering positive character traits, you can improve the quality of life of individuals with autism. The five traits selected for this book have been fully described and related research presented. The latter section of the book contains many interesting activities that will allow the individual to work on the positive character traits. The book presents unique information with activities that are easy to implement. (S-O-S Research blog)This is a very thorough and uplifting aid for professionals working with persons with autistic and developmental disabilities. (ForeWord Magazine)This book encourages supporting persons with autism and developmental disabilities by building on character strengths and incorporating their whole life experiences, rather than working with a pathology - or deficit-based model. (ForeWord s)About the AuthorJune Groden Ph.D. has been Director of the Groden Center, an educational and treatment facility for children and adults with autism and other developmental disabilities in Providence, Rhode Island, since 1976. Dr. Groden is an adjunct professor at Salve Regina and the University of Rhode Island and is on the Panel of Professional Advisors of the Autism Society of America. She has written many books, chapters and journal articles on autism, and is well known for her work in stress and anxiety in the population with autism. Ayelet Kantor Ph.D. is an Associate Director at the Groden Center, and has worked as a parent support group consultant, as an educator in the early intervention program, and as a supervisor and coordinator of professional teams. Cooper R. Woodard Ph.D. is Director of Clinical Services and Training at the Groden Center, a visiting professor at the University of Rhode Island, a visiting professor at Wheaton College, Norton, MA, and a Board Certified Behaviour Analyst. Lewis P. Lipsitt Ph.D. is Professor Emeritus of Psychology, Medical Science, and Human Development at Brown University. He founded and directed Brown's Child Study Center for 25 years, and is an internationally known scholar in the field of child behavior and development.