

Applying PEERS® to Working Adults with High Functioning Autism (HFA)



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Why PEERS® is applicable to Working Adults?

- Investment theory: Social circle
- Task communication vs. social chat in workplace

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16 Weekly-sessions

1. Introduction & trading information	9. Get-togethers
2. Two-way conversation	10. Handling arguments
3. Electronic communication	11. Changing reputations
4. Choosing appropriate friends	12. Handling teasing & embarrassing feedback
5. Appropriate use of humours	13. Handling chronic bullying
6. Starting & joining conversation	14. Handling cyber bullying
7. Exiting conversation	15. Minimizing rumours & gossip
8. Good sportsmanship	16. Final review, post-test assessment, graduation

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Preparation

- Intake interview
- Group composition
- Required personnel and training the coaches

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Structure of the Sessions

1. Homework review (30 minutes)
2. Didactic lesson (30 minutes)
3. Demonstrations and behavioural rehearsal (20 minutes)
4. Recapture and homework assignment (10 minutes)

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Opening Remarks

Age-appropriate opening activities:

- Insert warm up activities for college students (video on warm-up activity)
- Brief introduction of yourself in working adults

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1. Homework Review

- Group feedback
- Individual feedback by coaches

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2. Didactic Lesson

討論

如何知道別人“有興趣”與你傾計？

- 因對方有與你傾談，問你問題
- 因對方有舉手或發言
- 因對方與你有眼神接觸
- 因對方的身體面向你

如何知道別人“沒有興趣”與你傾計？

- 因對方的回應十分簡短或沒有回應
- 因對方經常望向其他方向，少與你有眼神接觸
- 因對方很快借故行開
- 因對方的身體沒有面向你

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3. Demonstration

- Use video
- Local workplace scenario in Cantonese

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3. Behavioural Rehearsal

Variations:

- HFA practised with coaches
- HFAs practised with each other and coaches gave feedback

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4. Recapture & Homework Assignment

- Homework and group assignment:
 - Visual supports help!
- Homework assignment:
 - Practised with mental health professional or coaches

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What Else We Have Learnt

- A separate parent group
- It's a group training, but don't forget individualization
- Session 5: Appropriate Use of Humour
 - How to be a good joke-receiver?
- For the more high functioning group, they are more concerned about social judgment issues
- A mutually supportive environment is important

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