

Group Leader

Karen Linafelter, LCMHC, R-DMT

Karen is a Registered Dance/Movement Therapist and a Licensed Clinical Mental Health Counselor, with a graduate degree from Antioch University New England. She has seven years of experience leading groups and she brought this passion to Mindful Balance Therapy Center, where she was the first Clinician to offer group courses and therapy. She believes in a strength-based and integrated approach to help people of all ages grow and meet their goals. She loves working with kids, and her goal in leading the social skills groups is to provide the Monadnock community with a very important resource: a fun and safe environment where children with social skills deficits can learn together.



Karen is hard-of-hearing and can work with both hearing and Deaf clients as she uses both spoken English and American Sign Language.

CONTACT

Karen Linafelter, LCMHC, R-DMT
441 Main Street
Keene, NH 03431

Phone: (603) 903-1414 x7

Email: klinafelter@mindfulbalancetherapy.com

ABOUT MINDFUL BALANCE THERAPY CENTER PLLC

Mindful Balance Therapy Center PLLC is a group private practice in downtown Keene, NH that provides individual, couple, family and group therapy. We aim to provide a holistic approach - examining the many factors in our clients' lives that affect growth.

We have extensive training in individual and relationship health and functioning. Our approach includes: assisting with individual and relationship development, helping to establish increased supports, and working collaboratively to identify coping strategies. One such strategy may include developing mindfulness skills. Mindfulness is maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment. With regular practice of mindfulness skills, the ability to become more accepting of ourselves and one another can increase and a greater sense of clarity can be brought to daily life.



GROUP THERAPY FEES

Social Skills Group – 1 hour \$45.00

*Some insurance plans cover group therapy. Please refer to your specific plan. If the group leader is in-network with your child's insurance company, Mindful Balance Therapy Center PLLC will submit a claim on your behalf to request payment, if a benefits check reveals that they are likely to pay for this service.

SOCIAL SKILLS GROUPS



13-16 years old
Mondays 5:00-6:00pm

8-12 years old
Tuesdays 4:00-5:00pm



Mindful Balance
Therapy Center

441 Main Street
Keene, NH 03431
www.mindfulbalancetherapy.com

Overview

Our Social Skills Groups teach children and adolescents with moderate to high functioning Autism Spectrum Disorder ways to appropriately interact with others. The groups are led by a licensed mental health therapist and occur weekly, with a rolling admission.

The group leader will meet with the child and their parent/guardian for an intake session in order to assess if the child will likely benefit from a social skills group and to determine the appropriate group placement for the child.

The socials skills groups include structured lessons and play, role-playing, practice, positive reinforcement and social skills games to help group members learn and practice skills to promote positive social interactions with peers and others in general.



Goals of the Group

- Anxiety and anger management skills
- Reading body language and navigating personal space
- Increased self-control and self-esteem
- Learn appropriate reactions
- Increased understanding of social rules and structure
- Earning rewards and accepting consequences
- Making and keeping friends
- Starting, stopping, and engaging in conversation
- Working through problems cooperatively as a group, including practicing empathic and helping behaviors
- Accepting change and transitions
-And more!

WHY BE IN A SOCIAL SKILLS GROUP?

- The ability to understand and use age-appropriate social skills is vital to social and academic success. Social skills are not systematically taught to all children, therefore some children require a specific social skills curriculum to assist them with social development.
- Children with social skills deficits need structured lessons in order to learn skills that may come more naturally to other children. They need clear directions and frequent practice in order for these skills to grow. This is best done with hands-on practice guided by a group leader.
- Social skills groups provide a safe and comfortable environment for children to learn and practice new skills, with a trained group leader guiding them throughout the process.

Curriculum Overview

Our social skills groups are designed to teach social behaviors in a safe and friendly environment. The group leader's general approach in group therapy is to provide consistency, with strong yet flexible leadership to role model appropriate interactions in society. The group format, length of time spent on each topic, and the order in which skills are introduced will depend largely on the needs of the group members. The group leader can tailor lessons to suit the needs of the group.

Each group lesson provides a model for children to imitate and activities to practice the skills. This is a multi-faceted approach, partially based on the ILAUGH™ model of Social Thinking®, a teaching methodology created by Michelle Garcia Winner (www.socialthinking.com)*. Michelle is known nationwide for her treatment of those with social and communication challenges, including educating parents and professionals.

I = Initiation of Language to Ask for Help
L = Listening With Eyes and Brain
A = Abstract and Inferential Thinking
U = Understanding Perspective
G = Getting the Big Picture (Gestalt Processing)
H = Humor and Human Relatedness

*This program, including its teacher or leader, is not affiliated with, nor has it been reviewed, approved, or endorsed by Michelle Garcia Winner and Think Social Publishing, Inc.

