

Brooke Psychologists, LLC

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Hi parents and teens,

Below is the information about the summer social skills groups. They will be on Monday, Thursday, and Friday mornings at my Portland office. Also, the older teen group will most likely be co-ed, which adds a nice opportunity to socialize and learn the ins and outs of talking with the opposite sex. Please let me know if you think your teen will be attending.

Summer 2010 Social Skills Groups for Younger Teens (12-15), Older Teens (15-19)

Portland Groups:

When: July 26th-August 13th (3 weeks); Mondays, Thursdays, & Fridays

Which groups at which times:

Younger Teens (Ages 12-15) from 9:00AM-10:15AM;

Plus parent support group (required) at 8:00AM-8:50AM July 30th & August 13th

Older Teens (Ages 15-19) from 10:30AM-11:45AM;

Plus parent support group (required) at 11:45AM-12:35PM July 30th & August 13th

What Dates: July 26, 29, 30; August 2, 5, 6, 9, 12, 13th

Where: My Portland Office, 516 SE Morrison ST, Suite 1010, Portland, OR 97214

During the groups your teen will improve his or her skills in succeeding in groups, making/maintaining friendships, and coping with teasing. It will also be a great opportunity to meet other teens who have had similar experiences with friends, with family, and at school. A light snack and fun games will be a part of every group. It is also a great opportunity to make friends with teens who know the struggles that your teen is going through. All the interactive activities are designed for fun and to help your teen practice the following social skills...

- Reading a peer's body language to help with making friends and succeeding in group activities
- Coping with teasing
- Establishing/maintaining a conversation with family and friends
- Compromising with friends so a friend remains a friend.

Will this group be a helpful for my teen?

If any of the following issues are impacting your teen, then this group may be a helpful, supportive resource. Has your teen been diagnosed with Asperger's Disorder or a Nonverbal Learning Disability? Does your teen find other people's emotions and non-verbal behavior difficult to understand? Does your teen have few or no close friends? Does your teen seldom get together with friends outside of school? Does your teen get teased regularly or spend a lot of time worried that he's going to be teased? Is your teen often unsuccessful in group activities? Does your teen feel lonely yet continue to struggle to make friends? If you said yes to one or more of these questions, then this group may be a vital resource.

Phone: 503-235-8696 Fax: 503-232-0791 www.brookepsychologists.com

**516 SE Morrison St., Suite 1010
Portland, OR, 97214**

**400 E. 17th St.
Vancouver, WA 98663**

What are parents and teens saying about the groups?

“I think that [Dr. Brooke] is excellent. He is relatable to the [teens] and fun enough to keep their attention. We are learning new terminology and concepts that we haven’t heard before.” -HG (mother of a 12-y-o teen) -Beaverton, OR

“The peers are cool! I’ve learned to be more confident and trust others.” -FT (15 y-o teen -Vancouver, WA

You can go to www.brookepsychologists.com/aspergersautism to see additional feedback. Quotes are unsolicited from clients. Initials and some information have been changed to protect client privacy.

How large will the group be?

The group will be limited to 4-6 teens. Space is limited.

What is the cost for the group?

Each session costs \$75 and there will be nine sessions (the two mandatory parent support sessions will be charged at \$60 per session). The required parent support groups cost \$60 per session and there will be two of these sessions. Most insurance plans will pay between 50% and 90% of each session. Patients with Kaiser and Blue Cross Insurance can expect to only pay the co-pay per session.

How do I reserve a place for my child in the group?

Please contact Dr. Michael Brooke to reserve a place in the group. Please contact me at 503-481-0020 or via e-mail at drmbrooke@brookepsychologists.com. A non-refundable deposit for the group of **\$150** will be required to reserve a space in the group. Space will be reserved on a first come-first serve basis.

Michael’s Mini-Biography

(Please feel free to share this with your teen to help him or her get to know me.)

I grew up in the Big Sky Country of Montana. Activities like rafting, camping, and fishing were an important part of my childhood. I also liked some activities that were a little unusual for a Montana boy like gymnastics, piano, and role-playing games like Dungeons and Dragons. Sometimes, I got teased for those kinds of “quirky” interests, which I definitely didn’t like. It’s not a fun feeling when you don’t fit in. However, as I grew up, I was also able to learn some skills for making friends and to avoid being teased.

Skip ahead a few years... I traveled all the way to New Jersey to learn how to be a clinical psychologist. There I had the opportunity to work with a lot of children and adults who were “on the spectrum.” They taught me that there is no typical person “on the spectrum.” I learned that I liked helping others get better at making and KEEPING friends. I learned how important it is to learn these skills so that you can live on your own, keep a job, get along with your family, and also have a social life. It’s important to “fit in” when you need to, and I like helping people learn how to do that!!

On the professional side, I like working with children and adults on the spectrum (age 12 to adult). I provide social skills training and social skills groups. I also love working with parents of children who are on the spectrum. I like to help parents understand what their children need, how their children think, and how to help their children succeed in life. In fact, I like helping children and adults on the spectrum with the same things.

Oh, I am kinda tall (6 feet, one inch), kinda skinny (I am NOT telling you my weight!!), and definitely wear glasses (I need them to see, and I think they make me look kinda smart, which I kinda like). I look forward to seeing you in the group!!