

## Meghan Barlow, Ph.D.



I am a pediatric psychologist with a specialty focus in the assessment and treatment of children and adolescents with autism spectrum disorders, anxiety disorders, attention deficit disorders, behavioral concerns, depression, developmental issues and chronic medical problems.

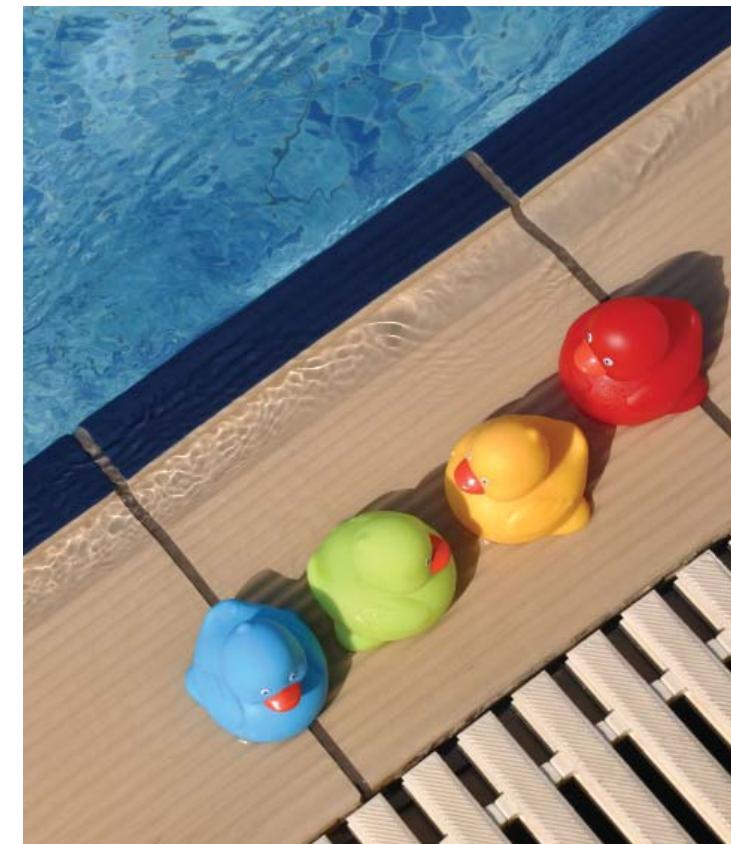
Over the course of my training and work experience at The Cleveland Clinic, I have treated children, adolescents and families with a wide variety of concerns. I approach treatment from a cognitive behavioral perspective and use empirically supported treatments.

Whether my role is to help parents and their child with autism interact in a more meaningful way or to help an adolescent with anxiety learn strategies to cope with it, my goal is always the same: **to educate and empower my patients to help themselves.**

**All families encounter challenges. The key is identifying strengths and resources in order to overcome the challenges in the best way possible.**

# MEGHAN BARLOW & ASSOCIATES

Social Skills Groups



### Meghan Barlow & Associates

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**Serving children, adolescents, parents and families**

## Social Skills Groups for Children

We are pleased to offer four social skills groups, serving children ages 2-11, who would benefit from learning and rehearsing social skills, social pragmatic skills and expected social behaviors with similar-aged peers. These groups will use a curriculum developed & taught by Christine Jurik, M.A., BCBA, COBA.

### About Christine Jurik

Christine is a Board Certified Behavior Analyst and Certified Ohio Behavior Analyst. She received a Masters in Behavior Analysis from Western Michigan University and became certified in 2007. Christine has over 15 years of experience analyzing problem behaviors, training parents & school staff and implementing ABA therapy in homes, clinics and schools.

### Group Format

Groups are made up of 4-6 children and are divided by age range:

- 2-4 year-olds
- 4-6 year-olds
- 6-8 year-olds
- 8-11 year-olds

Each group meets for 90 minutes per week for a total of 5 weeks.

### Intake

Prior to the first group session, children and their parent/caregiver will meet with a therapist to identify the child's needs (about 1/2 hour). Based on information gathered in the intake session, each child will receive individualized goals for the group.

## Enrollment

Enrollment for groups is on a seasonal basis (summer, fall, spring, winter). Participants may re-enroll after their groups end to continue working on individualized goals.

## Groups

There are currently four social skills groups:

### ◆ Busy Bees (ages 2-4)

Participants will learn how to sit and attend in a group setting, follow group instructions, play cooperatively and communicate their wants and needs appropriately.

### ◆ Energetic Steam Engines (ages 4-6)

Participants will learn how to follow multiple-step group instructions, share, take turns, begin to identify emotions in self/others and express their wants and needs effectively with peers.

### ◆ Terrific Tugboats (ages 6-8)

Participants will learn how to appropriately converse and play with peers, identify emotions in self/others, know what to do when they witness bullying, apply early self-regulation skills to peer situations and display expected behaviors in games and sports.

### ◆ Superheroes (ages 8-11)

Participants will learn how to engage in and sustain conversational exchanges, choose appropriate topics, remain on topic, know what to do when they witness bullying and demonstrate cooperation and self-regulation when peers do not do what they desire during group activities.

## Social Skills Groups for Adolescents

Many adolescents require direct instruction when it comes to figuring out how to get along with others in a group. They may not intuitively understand the "hidden rules" involved in being with others across a variety of situations. Our Social Thinking groups are designed to teach these skills to teens in a fun and interactive manner.

We review concepts including perspective taking, effective verbal and nonverbal communication and engaging in expected and appropriate behaviors to help adolescents navigate their complicated social worlds.

Social Thinking groups run throughout the year. Your child does not require a diagnosis to enroll in a group, but a brief assessment will be conducted prior to starting the group in order to be sure your child's needs are targeted.

For upcoming groups and schedules, please contact the office directly at 440-409-0307 or 866-501-9431.

**Adolescence is a complicated time of life. Training in Social Thinking skills can help teens to navigate their complex social landscape.**

**DR. MEGHAN BARLOW  
AND ASSOCIATES**



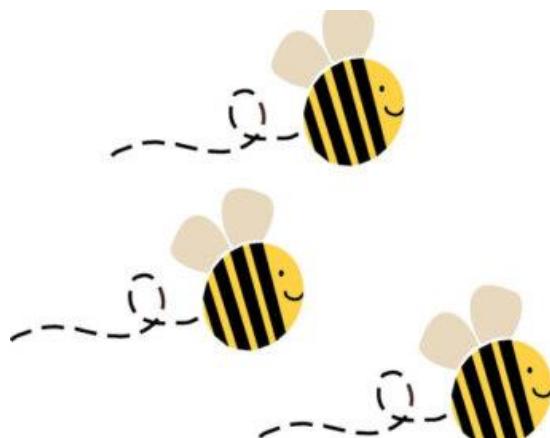
## **Social Skills Groups**

### **Ages & Target Skills**

Curriculum developed & taught by  
Christine Jurik, M.A., BCBA, COBA

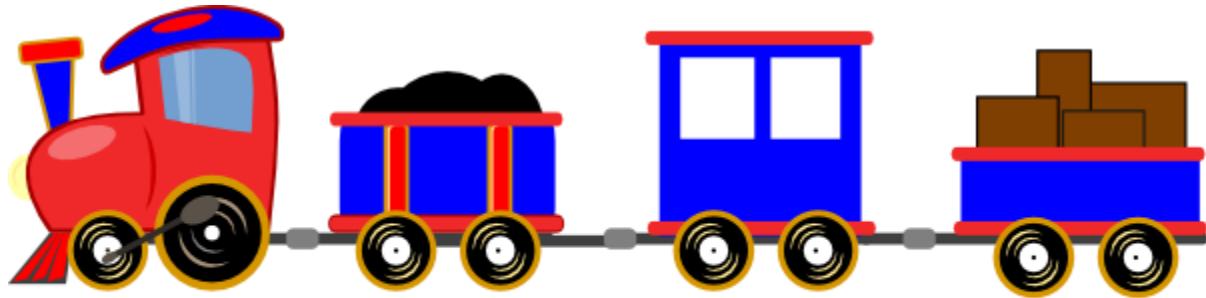
**2-4 year olds = "Busy Bees"**

- Participants will learn how to sit and attend in a small group setting, follow group instructions, cooperatively play, and communicate their wants and needs appropriately.



## 4-6 year olds = “Energetic Steam Engines”

- Participants will learn how to follow multiple-step group instructions, share, take turns, begin to identify emotions in self and others, and express their wants and needs effectively with peers.



## 6-8 year olds = “Terrific Tugboats”

- Participants will learn how to appropriately converse and play with peers, identify emotions in self and others, know what to do when they witness bullying, apply early self-regulation skills to peer situations, and display expected behaviors in games/sports.



## 8-11 year olds = “Superheroes”

- Participants will learn how to engage in and sustain conversational exchanges, choose appropriate topics, remain on topic, know what to do when they witness bullying, and demonstrate cooperation and self-regulation when peers do not do what they desire during group activities.

