



# **Social Skills, Emotional Growth and Drama Therapy: Inspiring Connection on the Autism Spectrum**

*Lee R. Chasen*

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Social Skills, Emotional Growth and Drama Therapy explains and illustrates a clinically-proven approach to social and emotional development which is rooted in the concepts and practices of drama therapy. It presents an engaging and playful drama therapy program which encourages children with autism spectrum disorders (ASD) to interact and connect with others, leading to the development of important social, emotional, and expressive language skills. The author presents a series of vignettes which demonstrate how drama therapy techniques may be used with children with ASD, and the impact they may have on their ability to interact and connect with others. Providing useful background information on the causes and various treatments of ASD, with particular emphasis on the latest research into mirror neurons, he describes how to set up and run a thirty-session drama therapy program for children with ASD, using techniques such as guided play, drama games, sociometry, puppetry, role-play, video modelling, and improvisation. His explanations draw on examples from his own practice, demonstrating how the sessions might play out and the kind of results that might be expected. Useful information about the kinds of spaces, props and equipment needed is also provided. This inspirational book will be of interest to drama and creative arts therapists, as well as teachers, school psychologists, counsellors and other professionals who work with children with autism spectrum disorders.

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