

**Facilitator's  
Manual**

**Facing  
Your Fears**

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# **Facing Your Fears**

**Group Therapy for  
Managing Anxiety in  
Children with High-Functioning  
Autism Spectrum Disorders**

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Facing Your Fears Facilitator's Set



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Anxiety is one of the biggest problems faced by children with high-functioning autism spectrum disorders and Asperger syndrome—and participate more fully in home, school, and community lifestyle— Help them conquer their fears—with this innovative group therapy system for children 8–14 years old and their parents. Perfect for small sets of 4–5 children but also effective in one-to-one therapy, this proven, ready-to-use plan is a must for mental medical researchers who use children and families in clinical settings. Developed to address the precise needs and challenges of children with high-functioning ASD and Asperger syndrome, Facing Your Fears functions because it targets particular fears or concerns that interfere with day-to-day functioning at home and college actively involves parents atlanta divorce attorneys program—a Facilitator's Manual, one Mother or father Workbook, and something Child Workbook.the main element to helping children make progress and ensuring that families provide skillful, sensitive support is backed by a lot more than 7 years of funded research, including two clinical trials with positive outcomes engages children with memorable, age-appropriate approaches for defeating anxiety, from creating "worry bugs" to filming movies of themselves facing their fears gives children repeated opportunities to practice their social interactions with others uses the impressive principles of cognitive behavioral therapyhelps children and parents generalize the skills they learn in group to other settings Facing Your Fears includes everything professionals need to run a successful program— With the Facilitator's Manual, group leaders will get complete guidance on conducting each session: obvious step-by-step instructions, components lists, goals, sample schedules, and helpful hints for running sessions efficiently. The Parent Workbooks and Child Workbooks (also sold separately in packs of 4) give children and households a wide variety of creative activities to help them battle fears and concerns head-on, both inside and outside the group setting. Needed for every mental health professional working with children with ASD, this innovative plan will help families fighting the burdens of panic and increase children's odds for lifelong academic and social success. And the included Dvd and blu-ray inspires and motivates children with sample movies of real children facing their fears.



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