

THE STAMP TREATMENT MANUAL

# Exploring Feelings

*for Young Children with  
High-Functioning Autism or  
Asperger's Disorder*



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**Exploring Feelings for Young Children With High-functioning Autism or Asperger's Disorder: The STAMP Treatment Manual**



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Utilizing a Cognitive Behavioral Therapy approach, The Stress and Anger Management Program (STAMP) was created specifically for young children in their pre-classes and early classes years. This practical manual for professionals provides a set of basic strategies to help children with high-functioning autism or Asperger's syndrome who suffer from mood difficulties to diminish negative feelings and boost positive feelings in lifestyle. Small children with autism have particular difficulty in understanding and controlling their emotions, especially when those emotions are negative. A parental component can be included to support practice at home and promote generalization beyond the classroom or therapy establishing. Treatment components include affective education, cognitive restructuring, social and group stories, and the psychological toolbox. The group therapy could be tailored for individual therapy when required. The publication outlines a 9-program group program using methods, games and activities that are developmentally appropriate. That is a dynamic and effective resource for professionals working with small children with autism spectrum disorders including teachers, guidance counselors, psychologists, speech therapists, behavioral therapists, occupational therapists, and social workers.



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I am now also in a position to use elements of what I discovered through the parents' periods and through this publication in my career employed in children's mental health. I've recommended this publication to many online friends who've kids with autism and can continue to do so! Scarpa. When this book was published we bought it to keep us refreshed on the methods that were taught to your child through the STAMP group. Great book! I am the mother or father of a child with autism and was fortunate in order to have my kid in the STAMP group headed up by Dr. Great for owning a group Great for running a group. Ideal for all kids. Gives you exactly what you will need for running a 9 week group.



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