

SOCIAL THINKING®: PRACTICAL STRATEGIES & RECENT RESEARCH ADVANCES FOR INDIVIDUALS WITH SOCIAL LEARNING ISSUES

Pamela Crooke, PhD, CCC-SLP
San Jose State University
Social Thinking Center, San Jose, CA

www.socialthinking.com



What is Social Thinking®?



What is Social Thinking?

The ability to share space effectively across contexts, regardless of whether we are interacting with that person **or**

not

(ex. Itch, food on a plate)

and

- Thinking about what people are thinking when we are in their presence even if we are not planning to talk to them;
- reviewing in our mind our social interactions;
- interpreting the perspective of people who are on TV, in our books on the radio, etc.



YOU CAN'T AVOID THE THOUGHT....

We all have them.

People are having thoughts

Whether we're interacting with them or not....



When are you not in social thought?



We are constantly in social thought

- Driving?
- Politics
- When aren't we in social thought?
- SOCIAL THOUGHT IS THROUGHOUT THE SCHOOL and HOME DAY

Social
ThinkingCf.com

Social Thinking = Cognitive Behavioral Approach

- Lessons within social thinking teach individuals to think through a concept prior to the behavior (SKILL) being taught
 - Performance vs. thinking
- Thinking through the "why" behind using related social skills

Social
ThinkingCf.com

Cognitive Behavioral Therapy

Cognitive behavior affects activity

Cognitive activity may be monitored and altered.

Desired behavior change may be effected through cognitive change

Dobson, K. & Dozolis, D. (2001) Historical and philosophical bases of the cognitive-behavioral therapies. In K. Dobson (Ed.) Handbook of Cognitive Behavioral Therapies (pp.3-39). New York, NY: The Guilford Press.

Social
ThinkingCf.com

Diagnostic labels related our information

- The higher end Autism Spectrum (AS, HFA, PDD-NOS)
- ADHD
- Hyperlexia
- NVLD
- Some called:
 - "Emotionally disturbed"
 - Bi-polar
 - Opposition Defiant Disorder
 - Obsessive Compulsive disorder when accompanied by ADHD
- And others who have never been diagnosed... Social ThinkingCf.com

Social Learning challenges can impact:

- Comprehension of Spoken and Written material
- Comprehension of non-verbal cues
- Written expression
- Organizational skills
- Working as part of a group
- Social Relations in work and leisure

Social
ThinkingCf.com

SOCIAL INFORMATION IN 2010

The other therapy....

Social
ThinkingCf.com

Social Radar System

- Exploring the spectrum of social radar strength
 - One's perception of the hidden rules and social situations has an impact on how to interpret and respond.
 - The Social Radar strength is determined in large part by neurology (what you are born to)
 - The Social Radar intuitive abilities has an impact on life-long learning of social information and related social skills.

Social
Thinking^{Gr}.com

Spectrum of Social Communication

- Severely Impaired Social Communicator (SISC)
 - Very, very limited in their knowledge of other's perspective. Require highly structured environment to facilitate social interaction.
- Emerging Social Communicator (ESC):
 - Understand people have different thoughts if they think long and hard about it
- Resistant Social Communicator (RSC)
 - Understand that others have thoughts different than their own but argue that their perspective or view is the right way.
- Weak Interactive Social Communicator (WISC)
 - Quick at understanding that people have different thoughts but slow in determining how to figure them out in the moment of the interaction

Social
Thinking^{Gr}.com

The good news!

Our students learn across their lifetimes. As they become older, they realize they have more to learn and may participate more actively in the process.

It is not too late. In fact, some are just now able to learn how to learn.

Social
Thinking^{Gr}.com

Treatments differ for ST-SCP levels

SISC

- Social Thinking **not** appropriate for this group
- Many approaches available including ABA, TEACCH, discrete trials, PECS, etc.

ESC

- Sequence of teaching must begin with understanding: **"I have my own thoughts and emotions"...and then teach to understand others have different thoughts and emotions...**

Social
Thinking^{Gr}.com

Treatment cont.

RSC

- Usually 1:1 treatment or small group of 2
- Only trust their own internal guide: need to build relationship with you before they can learn.
- Rule bound and difficult to take another's perspective

WISC

- Recognize their social communication knowledge
- Need to practice in the moment and explore nuance
- Social Anxiety management, etc..

Social
Thinking^{Gr}.com

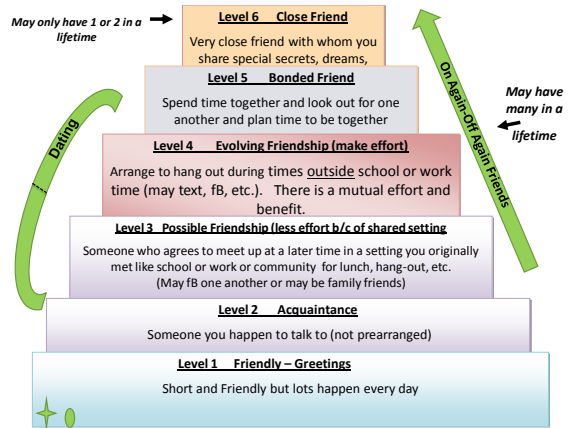
Is this treatment based on the evidence?

- Grounded in theory related to:
 - Central Coherence
 - Theory of Mind
 - Executive functioning
 - Relational understanding: The purpose of it all!
- Social Thinking Treatment is based on:
 - Development language and learning principals
 - Extensive clinical experience
 - Feedback from parents as to their concerns

Social
Thinking^{Gr}.com

From Friendly to Friendship

- Pyramid or “Peer-a-mid” to teach the abstract concept of friends in a more concrete manner
- Girls group (teens) – “just want friends”
- Pyramid in *Socially Curious and Curiously Social*



Strategies for pyramid

- **Focus**
 - Start with identifying the active level
- **Accountability**
 - Set weekly goals to strengthen that place on the pyramid before going to the next level.
 - Check backs to remind, encourage, & keep accountable.
- **Practice**
 - Skills have to be established in the clinic before moving out (don't assume knowledge of what “friendly” looks like.)



Include the Virtual Community in our treatment

We may not like it, but
facebook,
twitter,
email,
online gaming are all a part
of the social world



Email: Is this offer is too good to be true?

Good day,
My name is Sgt. Carter Frawley, I am an American soldier, I am serving in the military of the 1st Armored Division in Iraq, as you know we are being attacked by insurgents everyday and car bombs. We managed to move funds belonging to Saddam Hussein's family.

The total amount is US\$12 Million dollars in cash, mostly 100 dollar bills, this money has been kept somewhere outside Baghdad for sometime but with the proposed troop withdrawal by president Obama, we are afraid that the money will be discovered hence we want to move this money to you for safe keeping pending the completion of our assignment here.

You can go to this web link to read about events that took place there:
http://news.bbc.co.uk/1/middle_east/2988455.stm We are ready to compensate you with good percentage of the funds, No strings attached, just for you to help us move it out of Iraq. Iraq is a war zone, so we plan on using diplomatic means to shipping the money out as military cargo, using diplomatic immunity.

If you are interested I will send you the full details, my job is to find a good partner that we can trust and assist us. Can I trust you? When you receive this letter, kindly send me an e-mail signifying your interest including your most confidential telephone numbers for quick communication also your contact details. This is risk free.

With regards from,
Sgt. Carter Frawley



Update: 2010

SOCIAL THINKING
RESEARCH

What's New?

Summary of JADD Study

- Based on social Thinking Vocabulary
 - Thoughts (good/uncomfortable/ok/weird)
 - Eyes/Brain/Body in the group
 - Thought filters
- Single Subject Multiple Baseline Design
- Social Skills Rating scale
 - Pre/post parents and subjects
- Double Interview Pre/Post



Follow-up data: 1 year later

- 4 of 6 subjects - Data from the “generalization” setting
- All four subjects remained in weekly groups over the course of the year
- Follow-up data were collected in the same manner as in the original study

Copyright (c) 2009 Winner and Crooke



Subjects

- 6 children with a current diagnosis of either High Functioning Autism (HFA) or Asperger Syndrome (AS)
- Aged 9 years to 11 years of age;
- Verbal IQ within the average range (85-115);
- 4) No History of social “skill” intervention

EXPECTED Teach vs. Measure

Teach: Social Thinking Vocabulary

- Expected/Unexpected
- Good/weird thoughts
- Looking = Thinking
- WBL
- Social Files
- Filtering

Measure: Behavioral Output

- Comments/Questions to SUSTAIN an interaction
- Looking at speaker or object of discussion
- Comments/Questions to INITIATE a novel interaction

Copyright (c) 2009 Winner and Crooke



UNEXPECTED: Teach vs. Measure

Teach: Social Thinking Vocabulary

- Expected/Unexpected
- Good/weird thoughts
- Looking = Thinking
- WBL
- Social Files
- Filtering

Measure: Behavioral Output

- Off-topic/negative/rude comments; perseverative topics; talking to self
- Distracting leg, arm, hand movements; sounds/noises; atypical object use

Copyright (c) 2009 Winner and Crooke



School Training – Teacher Data

4 Areas on a Rubric:

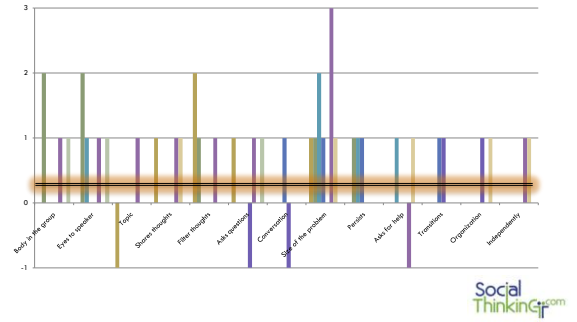
1. Working as part of the group
2. Thinking about others
3. Problem Solving
4. Following Classroom Expectations



Classroom results

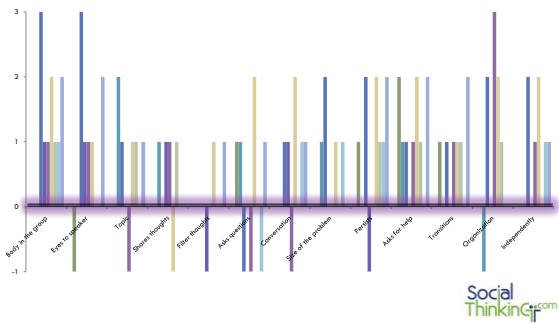
Social Thinking[®].com

School District #1



Social Thinking[®].com

School District #2

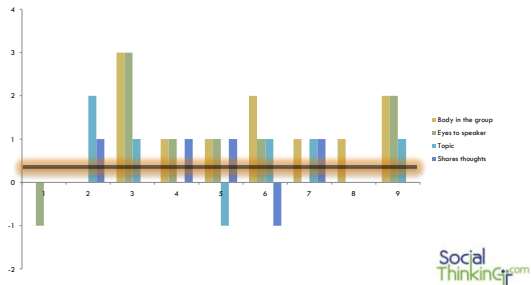


Social Thinking[®].com

Examples

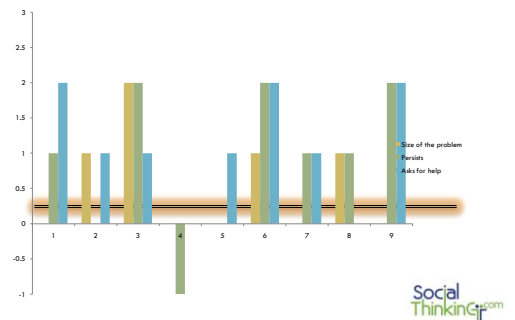
Social Thinking[®].com

Working as part of a group



Social Thinking[®].com

Problem Solving



Social Thinking[®].com

Cultural Perspective and Research

- Social Thinking Concepts
- Chinese Study (2010)
- Other Research related to Social Thinking



Challenging?

Worth it?



	39
<p>www.facebook.com/ socialthinking </p>	<ul style="list-style-type: none">• Blogs, free articles, research• Conferences• Products• Assessment & Therapy• Mentor / Internship Training• Newsletters
	