



EPIC - Viewpoints

8-session group work teaching social processing skills.

This is a programme utilises much of the work of Michelle Garcia Winner and Social Thinking. The programme teaches attention & awareness, perspective taking & empathy, expected behaviours and solving problems. It teaches young people the skills needed to be effective social processors. To read others' emotions and to understand their own. To recognise how our bodies react to emotions and that some contrasting emotions can feel similar to each other. It also teaches that people can feel and act differently in situation and that sometimes people act/react in ways we don't expect.

It introduces flexible thinking and practices how we can look at situations differently. It develops problem solving skills, explaining that there is usually more than one option available and it's okay to ask for help.

Pre & Post Evaluation to be collected– individual reports provided