



EVOLIBRI

Neurodiversity &
Career Counseling

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Getting It Together – Executive Functioning Group

What is executive functioning? Executive functioning is a set of processing skills which enable the individual to manage oneself and ones resources in order to achieve a goal. It is an umbrella term for the neurologically-based skills involving mental control and self-regulation. They are rarely directly taught, and those who do not intuitively learn them struggle to make their lives work. They simply cannot get it – or keep it – together.

In January 2010, EvoLibri will offer our first Executive Functioning group focused on developing skills that will serve neurodiverse youth for the rest of their lives. This **ten-week, 20 session** program (90 minutes each session) will provide a unique group environment specifically designed to help youth ages 15-22 learn specific skills in:

- ❖ *Impulse control (including emotional)*
- ❖ *Transitioning*
- ❖ *Initiation*
- ❖ *Working Memory*
- ❖ *Time Management and Planning*
- ❖ *Environment Organization*
- ❖ *Insight and Monitoring*

Getting It Together Group Methodology

- ❖ **Group Formation** – Part of the strength of group work is the group itself. Adolescents are highly susceptible to peer pressure, and groups play on this dynamic in a positive way – by creating affiliation, connection, and commitment to others.
- ❖ **Definition of Skills** – In the first few sessions of the class, students will learn the various skills that they will be working on, and why they are important. Through lecture, examples, and hands-on practice, students will begin to understand each skill set in its relation to daily life.

- ❖ **Presentation of Skills** – Starting with simpler tasks first, students will learn the basic use of skills from self-rating emotional status to using common tools for managing time to keeping yourself organized at home, school – and in your backpack!
- ❖ **Practical Application** – Practice, practice, practice! Using age-appropriate games, leader-led exercises, role and theatrical play, hands-on activities, and mental challenges, students will practice the skills that have been presented. The focus here is on repetition and relation to real-world situations while having fun.
- ❖ **Checking In – Removing Obstacles, Reframing & Persevering** – Part of the group dynamic is to stay in touch with the group and talk about current struggles with relationship to executive functioning. This allows in-the-moment brainstorming which teaches students how to better problem solve and come up with workable solutions on their own for themselves – and each other, increasing mental flexibility.
- ❖ **Communication Skills** – Again, because of the group dynamic, much of the focus will be on pro-social communication skills, where students will be coached in staying on topic, reciprocal conversation, asking appropriate questions, anxiety reduction while communicating and receiving negative feedback or news.

Getting It Together Group Environment

The environment for this group is specifically designed to facilitate the overall process:

- ❖ **Bi-weekly Meetings** – In order to learn and master skills through exposure and repetition, we will meet 2x a week
- ❖ **Lecture, Experiential, Interactive** – Using a variety of learning modalities (auditory, visual, kinesthetic) helps to reinforce skills for those students who are stronger in one area than another.
- ❖ **Group Support and Accountability** – Adolescents are far more susceptible to peer pressure, as we all know. In group work, this translates into a powerful motivator to stretch and perform. Additionally, it is vital to ‘normalize’ the struggling each teen goes through as part of growing up, regardless of particular challenges.

Where: EvoLibri, 111 W. Evelyn Ave, Ste 119, Sunnyvale, CA 94086

When: Tuesdays and Thursdays, 4:00-5:30 pm (Starts January 12)

Cost: \$850 for 20 meetings

Max Enrollment: 8

Questions? Ask Us! info@evolibri.com