

# CHILD AND TEEN GROUPS

## Quiet Stars

### Groups for Gifted Children and Teens

who struggle with shyness, social anxiety or difficulty connecting with mainstream peers.



Many gifted children struggle with shyness and social anxiety, often stemming from the disparity between intellectual and social/emotional development. Frequently faced with higher expectations than their age-matched peers for success across all areas of functioning, coupled with increased sensitivity to feedback and criticism, gifted children may be reluctant to take social risks. Instead, they may respond by “over-thinking” each and every social exchange, especially if such risks may lead to standing out, social disapproval or rejection, whether real or imagined.

Our groups, specifically designed to address the needs of gifted children, combines the well established techniques of Social Effectiveness Therapy for Children (SET-C) by Deborah Beidel, Ph.D. and colleagues with the powerful art of drama and comedic improvisation in order to help the children and teens:

- ◆ Improve self-concept and self-confidence
- ◆ Decrease social anxiety and feelings of shyness
- ◆ Improve interpersonal social skills and functioning
- ◆ Increase participation in group and social activities
- ◆ Learn they are not the only ones feeling shy or anxious

### Does your Gifted Child or Teen:

- ◆ Struggle to connect with peers?
- ◆ Feel shy around others?
- ◆ Worry about what to say in groups?
- ◆ Fear a negative response from peers?
- ◆ Worry about appearing out-of-sync?
- ◆ Worry about looking “too smart?”
- ◆ Seem confident in some situations, but not others?
- ◆ Great in one to one play situations, but quiet and unsure in larger groups?
- ◆ Seem to lack confidence?
- ◆ Expect to excel in everything?
- ◆ Struggle with less-than-perfect results?
- ◆ Take life events more seriously than others?

### Enrollment and Group Information

Group sessions run weekly for 12 weeks in our Wellesley Hills office. Group members are matched by age. Appropriate candidates are motivated children and teens who are intellectually gifted, struggling with social relationships and/or social confidence, and presenting with no significant behavioral issues. Please visit our website or contact our offices at 781.237.3200 for enrollment information. **Enrollment is limited.**



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