



My Aspergers Teen

My Aspergers Teen (MAT) is a four-week parent-training process designed specifically for parents of strong-willed, defiant Aspergers teenagers. MAT provides the practical and emotional support parents need to change destructive adolescent behavior.

The straightforward, step-by-step action plans presented in the curriculum allow parents to take immediate steps toward preventing or intervening in their Aspergers child's negative choices.

The curriculum teaches concrete prevention, identification, and intervention strategies for the *most* destructive of adolescent Aspergers behaviors.

The Uniqueness of Aspergers Teens—

Social Skills. Social conventions are a confusing maze for teens with Aspergers. They can be disarmingly concise and to the point, and may take jokes and exaggerations literally. Because they struggle to interpret figures of speech and tones of voice that “neurotypicals” naturally pick up on, they may have difficulty engaging in a two-way conversation. As a result, they may end up fixating on their own interests and ignoring the interests and opinions of others.

Sensory Difficulties. Teens with Aspergers can be extremely sensitive to loud noise, strong smells and bright lights. This can be a challenge in relationships as Aspergers teens may be limited in where they can go on, how well they can tolerate parties and family gatherings, and how receptive they are to touch, perfume, choice of music and activities.

Routines and Fixations. Teens with Aspergers rely on routine to provide a sense of control and predictability in their lives. Another characteristic of Aspergers is the development of special interests that are unusual in focus or intensity. Aspergers teens may become so obsessed with their particular areas of interest that they get upset when something or someone interrupts their schedule or activity.

Interpreting and Responding to Emotion. Teens with Aspergers often suffer from “mindblindness,” which means they have difficulty understanding the emotions others are trying to convey through facial expressions and body language. The problem isn't that teens with

Aspergers can't feel emotion, but that they have trouble expressing their own emotions and understanding the feelings of others.

Awkwardness. Teens with Aspergers tend to be physically and socially awkward, which makes them a frequent target of school bullies and for some, can be an obstacle to forming relationships in high school. Low self-esteem caused by being rejected and outcast by peers may make these teens even more reluctant to try to make new friends.
