



Psychological
Assessments
Australia

KONTAKT®

Trainers' Workbook

SAMPLE

For more information



paa.com.au



info@paa.com.au



02 9589 0011

KONTAKT®
**Trainers’
Workbook**

Social Skills Toolbox for Groups of Children
and Teens with Autism Spectrum Conditions,
Based on the Frankfurt Model.

**ENGLISH LANGUAGE TRANSLATION AND AUSTRALIAN ADAPTATION –
Sonya Girdler, Bahareh Afsharnejad, Melissa Black
and Sven Bölte**

Contents

Introduction	11
The KONTAKT® trainer	12
Before KONTAKT® training	12
Motivation	12
Forming a group	12
Other behavioural challenges	13
Group rules	13
Organising the training	14
Short, medium, and long variants of KONTAKT®	14
Training children and teens in KONTAKT®	14
Agenda	14
Medium length (16 sessions) KONTAKT® materials	15
Group activities	16
Themed discussions	16
Homework assignments (missions)	17
Functional Behavioural Analysis (Thought-Emotion-Action)	17
Before completing KONTAKT®	18
Trainers workbook and medium length (16 sessions) KONTAKT® program	19
Moderating a session	19
Individualised missions	20
Group excursion	20
KONTAKT® session structure	20
KONTAKT® session 1	21
Materials	23
Agenda	23
Opening round	24
Participant and parent groups	24
Participants' group	24
Themed discussion	24
Group activity	25
Assigning a new mission	25
Parents' group	26
Strengths, areas to develop	26
Review Parents' Workbook	26
Snack time	27
Closing round	27
KONTAKT® Session 2	29
Materials	29
Agenda	29
Opening round	29
Reviewing last week's mission(s)	29
Themed discussion	30
Snack time	31

Contents

Group activity	31
Spin the bottle	31
Alphabet sentences (optional)	31
Assigning a new mission	32
Mission 2A – My KONTAKT® support circle	32
Mission 2B – Practising a goal	32
Closing round	32
KONTAKT® Session 3	34
Materials	34
Agenda	34
Opening round	34
Reviewing last week’s mission(s)	34
Themed discussion	35
Snack time	35
Group activity	35
What has changed?	36
Blinking game (optional)	36
Assigning a new mission	36
Mission 3 – A difficult situation at school	36
Closing round	36
KONTAKT® Session 4	38
Materials	38
Agenda	38
Opening round	38
Reviewing last week’s mission(s)	38
Themed discussion	39
Snack time	39
Group activity	39
EU-Emotion (Full body videos)	39
Role-play (optional)	40
Assigning a new mission	40
Misunderstandings	40
Closing round	40
KONTAKT® Session 5	40
Materials	42
Agenda	42
Opening round	42
Reviewing last week’s mission(s)	42
Themed discussion	43
Snack time	44

Contents

Group activity	44
Role-play	44
What has changed? (optional)	44
Assigning a new mission	45
Starting a conversation	45
Closing round	45
KONTAKT® Session 6	47
Materials	47
Agenda	47
Opening round	47
Reviewing last week’s mission(s)	47
Themed discussion	48
Snack time	48
Group activity	48
Treasure hunt	49
Role-play (optional)	49
Assigning a new mission	49
Feeling lonely	49
Closing round	49
KONTAKT® Session 7	51
Materials	51
Agenda	51
Opening round	51
Reviewing last week’s mission(s)	51
Themed discussion	52
Snack time	53
Group activity	53
Talking to a stranger	54
EU-Emotion (full body videos)	54
Assigning a new mission	54
Reviewing main and midway goals	54
Handling meet-up cancellations or rejections	54
Closing round	55
KONTAKT® Session 8	56
Materials	56
Agenda	56
Opening round	56
Participant and parent groups	56
Participants’ group	57
Reviewing last week’s mission(s)	57
Themed discussion	57
Group activity	57
Assigning a new mission	58

Contents

Parents' group	59
Updates on what has been covered so far in KONTAKT®	59
Snack time	59
Closing round	59
KONTAKT® Session 9	61
Materials	61
Agenda	61
Opening round	61
Reviewing last week's mission(s)	61
Group activity	62
Carrying out my task during the excursion	62
Themed discussion	62
Assigning a new mission	62
Closing round	62
KONTAKT® Session 10	64
Materials	64
Agenda	64
Opening round	64
Reviewing last week's mission(s)	64
Themed discussion	65
Snack time	65
Group activity	66
Film clip	66
Spin the bottle (optional)	66
Assigning a new mission	66
Talking to someone new or that I do not know well	67
Closing round	67
KONTAKT® Session 11	69
Materials	69
Agenda	69
Opening round	69
Reviewing last week's mission(s)	69
Themed discussion	70
Snack time	70
Group activity	70
Joint group activity	71
Advanced treasure hunt (optional)	71
Assigning a new mission	71
Closing round	71
KONTAKT® Session 12	73
Materials	73
Agenda	73
Opening round	73

Contents

Reviewing last week’s mission(s)	73
Themed discussion	74
Snack time	74
Group activity	74
Assigning a new mission	74
Closing round	74
KONTAKT® Session 13	76
Materials	76
Agenda	76
Opening round	76
Reviewing last week’s mission(s)	76
Themed discussion	77
Snack time	77
Group activity	77
Assigning a new mission	77
Closing round	77
KONTAKT® Session 14	79
Materials	79
Agenda	79
Opening round	79
Reviewing last week’s mission(s)	79
Themed discussion	80
Snack time	80
Group activity	80
Assigning a new mission	80
Closing round	80
KONTAKT® Session 15	82
Materials	82
Agenda	82
Opening round	82
Reviewing last week’s mission(s)	82
Themed discussion	83
Snack time	83
Group activity	83
Assigning a new mission	83
Working on my goals	83
Reviewing my progress	83
How I describe my groupmates	83
Closing round	84
KONTAKT® Session 16	85
Materials	85
Agenda	85
Opening round	85

Contents

Participant and parent groups	85
Participants' group	86
Reviewing last week's mission(s)	86
Themed discussion	86
Group activity	86
Parents' group	86
Reviewing and feedback	86
Snack time	87
Presenting the KONTAKT® certificate	87
Closing round	87
References	89
Appendix A – Group Activities	90
Using non-verbal communication and social communication	90
Advanced treasure hunt	90
The blinking game	91
Charades	91
Film clip	92
Question ball	92
Role-play	93
Spin the bottle	93
Treasure hunt	94
What has changed?	94
Practising active listening and reciprocal attention	95
20 questions	95
Alphabet sentences	95
Fruit basket	96
Head band	96
Heads up!	97
Whispering game	97
Expressing and recognising emotions	98
Emotions game	98
EU-Emotion	99
FEFA 2 (Frankfurt Test and Training of Facial Affect Recognition, 2nd edition)	100
Stress management	101
Square breathing	101
Appendix B – KONTAKT® resources	102

WELCOME!

- Opening round
- Reviewing last week's mission
- Themed discussion
 - Talking about ASC diagnosis
 - **Advanced option:** Sharing my autism diagnosis with others
- Snack time
- Group activity
 - What has changed
 - **Optional:** Blinking game
- Assigning a new mission
- Closing round

Medium length (16 sessions) KONTAKT® materials

For each session, various materials are required. These are described in the introduction to each session. A general list and a short explanation of these materials are provided in table 1.

Table 1.

MATERIAL	DESCRIPTION
Flipchart	Each session's agenda should be written on a flipchart or similar. This means that each session is outlined on a sheet that trainers and participants can refer to if necessary.
Bottle	This is used in the group exercise 'Spin the Bottle' (see Appendix A). Trainers can use any empty bottle for this exercise.
Snack	Snack time happens during every session. Be sure to check for any allergies or dietary requirements prior to the commencement of the KONTAKT® program.
PowerPoint presentation	With this workbook, there is a proposed PowerPoint presentation in the opening session. This can also be found in the Google Drive folder located at [https://bit.ly/paa-kontakt].
Example for discussions	Before each session begins, it is beneficial to prepare several examples to support the discussion topics. Trainers should prepare these themselves.
Prepared discussions for the parents	Preparing proposed parent discussions before sessions 1, 8 and 16.
Emoticons	A visual tool for describing/clarifying emotions and facial expressions. This is included in the KONTAKT® manual, participant workbooks, and in the Google Drive folder located at [https://bit.ly/paa-kontakt].
Emotion thermometer	A visual tool for describing/clarifying the intensity of an individual's experienced emotion (the 'Emotion thermometer' is included in the participants' workbook). This is also available in the Google Drive folder located at [https://bit.ly/paa-kontakt]. The individual can describe the strength of an emotion by indicating a number on the scale (see KONTAKT® manual).
FEFA-2	Computer-based testing and training of facial expressions recognition (see Appendix A). This can be ordered through [info@kind.ki.se]
EU-Emotion	A group exercise where the trainer shows various film clips to train participants to recognise and interpret non-verbal communication such as facial expressions and/or body gestures. See further information in the Google Drive folder located at [https://bit.ly/paa-kontakt]. Materials can be downloaded from: [https://ki.se/en/kind/recognize-emotions-with-eu-emotion]
A coin or other smaller item	For use in the group exercises Treasure Hunt and Advanced Treasure Hunt.
Other aids	Some participants may need access to visual aids such as a timer or clear clock. Others may need access to supports such as a stress ball to help keep them focused on the sessions.

Group activities

In each session, two group activities (required and optional) are proposed. The trainers are responsible for allocating time to complete the primary group activity. The required group activity can be repeated during the session instead of doing the optional activity, if the group wishes. If there is time, the optional group activity should also be completed. For more information on group activities, see the KONTAKT® manual. For more information on how to do each of these activities, refer to the Appendix.

Note: The group activity provided is optional. The group trainers can change the group activity if it is not engaging for the group. Any game from the same category can be chosen from the list of activities provided in the Appendix.

Themed discussions

Each KONTAKT® session includes a themed discussion (see 'themed group discussions' in the KONTAKT® manual). During the discussion, the participants freely discuss a proposed theme for that session. It is recommended that a trainer takes notes on a flipchart during the discussion. These notes can help the trainer summarise the session at the end, encouraging participants to re-visit the discussed ideas later in the session. In each session, a suggested 'advanced option' is provided. These can be included in the session if the trainers believe that the group needs a more challenging discussion. This may be more appropriate for the teens rather than the children in the KONTAKT® program. The KONTAKT® Participants' Workbook provides an outline for the themed discussions, which helps participants to prepare.

Note: To make the discussions more engaging, you can ask the participants to suggest their own topics based on the theme suggested for each session. Write them on the board and ask the group to vote on what topics they would like to cover. Some examples of themes are provided in Table 2.

Table 2. Theme discussion examples

General questions you might include

1. What is...?

Discuss the nature of the theme: e.g. What is non-verbal communication, a new social situation, what does it mean to be/feel alone? Concrete questions may include:

- How do we know that someone is (insert emotion)?
- How can we tell in a person's face/body/style of walking/hands that they are (insert emotion)?
- Give examples of a new social situation (e.g. first meeting/session in KONTAKT®/being lonely, etc.).
- Using an example, describe your thoughts/emotions during the new social situation.
- What does it mean to be alone? Give an example of when you have been lonely.
- Is there a difference between being alone and being lonely?

2. Everyday experiences

Discuss the theme by introducing different examples from the participants' everyday lives, e.g. from school, family outings, or spare time. This discussion may be associated with the previous discussion topic or may lead the discussion in a new direction. Connecting KONTAKT® to everyday contexts is important in helping participants understand what to do and generalise their skills in the sessions to their daily lives. Questions like those below will help participants make this link:

- When have you seen (insert non-verbal behaviour): where and what happened just before and after?
- Have you experienced a new social situation, e.g. at home, in school, or during your spare time?
- Have you ever been lonely?
- Do you know anyone who has experienced a misunderstanding? What happened?

Table 2. Theme discussion examples (continued)

3. Alternative behaviours: difficulties, misinterpretations

Discuss various behaviours linked with the theme. This aspect of the themed discussion may be discussed in different ways and can be approached by using the 'What is ...' and everyday experiences approaches described above. Concrete questions might include:

- Do you find anything particularly difficult about (theme/specific situation)?
- Do you find anything particularly easy about (theme/particular situation)?
- Are there alternative ways of interpreting that (theme/particular situation)?
- Have you ever experienced that (the situation)? Did it end unexpectedly? Together, can we think of why?
- Although the trainer may have an idea of the solution to a particular social issue, the trainer can try to invite the whole group to engage in sharing a specific example and consider alternative behaviours together. Don't forget to provide positive feedback ('e.g. that's an interesting idea! Does anyone else have an alternative suggestion? Let's consider together what consequences might follow').
- Use the 'Thought, Emotion, Action' structure if you wish. The idea of partitioning situation/thoughts/emotions/consequences/alternative behaviours is useful throughout KONTAKT®.

4. Exchanging strategies

Encourage participants to exchange strategies with others in the group. This will serve both to increase the participants' behaviour repertoire and help them to build a sense of group camaraderie and sharing (i.e. the participants will better understand how they can support and help each other).

- When you experienced (the situation), what did you do? How did you solve it?
- Do you have any strategies regarding (the situation) that you can share with the rest of the group, to help the others manage if they are ever in the same situation?

5. Strengths

Try to finish the discussion by ending with something positive, such as highlighting an adaptive behaviour described by a participant, or when a participant described a situation well, or if someone shared a difficulty they have with the group. It is also helpful for the trainer to summarise what was covered in the session – the notes on the flipchart will help.

Note: While the approaches described above will be helpful in directing the themed discussions, don't forget to follow the group's direction and use general group strategies such as CBT principles, turn-taking, listening, taking another's perspective into account, getting positive feedback on behaviours, etc.

Homework assignments (missions)

Each session is accompanied by a mission assignment. These assignments make the training more effective and help the participants to generalise the lessons learnt in the KONTAKT® sessions to home, school and everyday life. It is important and necessary that the participants complete their missions. To motivate participants to complete these assignments, it is crucial that they perceive that the tasks are relevant and important. Participants have some freedom in choosing their missions, which are usually designed within the framework of functional behavioural analysis and based on their individual goals. Specifically, the participants themselves should choose a social situation to analyse and reflect on what is personally relevant.

Functional Behavioural Analysis (Thought-Emotion-Action)

Participants are introduced to functional behavioural analysis early on in the KONTAKT® program. This introduction is in the form of a 'situation-thoughts-behaviours' or the TEA (thought-emotion-behaviour) template, which is the foundation of the training in the targeted areas. With practice, this may evolve to a more general model for thinking about and analysing everyday social situations and solving problems. By practising observing a situation and reflecting on their thoughts and emotions as well as their behaviours, participants can better understand how they and others respond to different situations. Participants may become better at applying this strategy to situations outside of their targeted area, helping them understand how others perceive the same situations. In the later stages of the program, participants learn about the consequences of behaviour, identifying its short-term and long-term consequences and the reason why these consequences can also affect their behaviour.

Table 4. Course structure for KONTAKT®

SESSION	PARTICIPANT	THEMED DISCUSSION	GROUP ACTIVITY	MISSIONS
1	Children/ Teens & Parents	Introduction and presentation of KONTAKT®. Advanced option: How to introduce yourself.	I am good at...	<ul style="list-style-type: none"> • Setting a SMART social goal (Children/Teens) • Talking to someone you know (Teens)
2	Children/ Teens	Group Rules. Advanced option: How do I 'describe' myself in the group? How do I 'describe' others in the group?	Spin the bottle. Optional: Alphabet sentences.	<ul style="list-style-type: none"> • My KONTAKT® support circle • Practicing a goal
3	Children/ Teens	Talk about ASC diagnosis. Advanced option: Sharing my autism diagnosis with others.	What has changed? Optional: Blinking game.	<ul style="list-style-type: none"> • A difficult social situation at school (TEA)
4	Children/ Teens	How do gestures and facial expressions work? Advanced option: When is it OK to use non-verbal communication?	EU-Emotion (face and body). Optional: Role-play.	<ul style="list-style-type: none"> • Misunderstandings (TEA)
5	Children/ Teens	Resolving misunderstandings. Advanced option: Understanding jokes, irony, sarcasm and 'white lies'.	Role-play. Optional: What has changed?	<ul style="list-style-type: none"> • Starting a conversation (TEA)
6	Children/ Teens	New social situations. Advanced option: How to help someone in a new social situation.	Treasure hunt. Optional: Role-play	<ul style="list-style-type: none"> • Feeling lonely (TEA)
7	Children/ Teens	Feeling lonely and being teased and/or bullied. Advanced option: Handling difficult situations on social media.	Talking to strangers. Optional: EU-Emotion.	<ul style="list-style-type: none"> • Handling meet-up cancellations or rejections (TEA) • Reviewing main and midway goals
8	Children/ Teens & Parents	Evaluating my main and midway goals. Advanced option (teens): Talking to someone you like and want to be friends with. Advanced option (children): Talking to someone you would like to be friends with.	Charades. Optional: Blinking game.	<ul style="list-style-type: none"> • Going to a café • My task during the excursion

Table 4. Course structure for KONTAKT® (continued)

SCHOOL HOLIDAYS				
SESSION	PARTICIPANT	THEMED DISCUSSION	GROUP ACTIVITY	MISSIONS
9	Children/ Teens	What to consider when you are going on an excursion.	Carry out the assignment task.	<ul style="list-style-type: none"> Carrying out my task during the excursion (TEA)
10	Children/ Teens	Making a time to meet up with someone. Advanced option: How to stay in touch with a friend.	Film clip. Optional: Spin the bottle.	<ul style="list-style-type: none"> Talking to someone new/you do not know well (TEA)
11	Children/ Teens	Connecting with a person you do not know well. Advanced option: Connecting through social media.	Joint group activity. Optional: Advanced treasure hunt.	<ul style="list-style-type: none"> Working on my goals (TEA)
12	Children/ Teens	Chosen by the selected participant.	Chosen by the selected participant.	<ul style="list-style-type: none"> Working on my goals (TEA)
13	Children/ Teens	Chosen by the selected participant.	Chosen by the selected participant.	<ul style="list-style-type: none"> Working on my goals (TEA)
14	Children/ Teens	Chosen by the selected participant.	Chosen by the selected participant.	<ul style="list-style-type: none"> Working on my goals (TEA)
15	Children/ Teens	Chosen by the selected participant.	Chosen by the selected participant.	<ul style="list-style-type: none"> Working on my goals (TEA) Reviewing my progress Three positive things about my group mates
16	Children/ Teens & Parents	Reflecting on KONTAKT®.	Chosen by the group members.	