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A therapeutic game for Social Skills Training Groups

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A newly developed board game for social skills training is used in a setting intended for two groups of six teenagers: one group with social anxiety Disorder and the other with Asperger syndrome. This medium mobilizes in a playful way: imagination, expression and emotional decoding, theory of mind, cognitive analysis and behavioural skills, etc. After periods of 26 sessions on average, results assessed by psychometric tests show a significant improvement in scores corroborating the observed clinical course. Attractive and adaptable, this game has emerged as a useful therapeutic tool for social skills training in both groups.