

**COUNSELLING PEOPLE ON THE AUTISM SPECTRUM: A  
PRACTICAL MANUAL**

**Marc Skibinski**

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The characteristics of autism spectrum disorders (ASD) present

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This manual provides counselling techniques that work not only for professionals, but also for individuals either coping with being on the spectrum themselves, or living with someone who has an ASD. It also addresses specific issues, including depression, anxiety, emotional regulation, social skills, and stress, with effective strategies for dealing with each issue. The authors' emphasis on video modelling and scripting techniques, such as *Counselling Children and Young People* As an introduction to the subject and a guide to work with certain aspects of autism, this is a superb book. Open Preview See a Problem? Kristen rated it liked it May 25, *Counselling People on the Autism Spectrum*: I read only part of it. Goodreads is the world's largest site for readers with over 50 million reviews.