



The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties

By Anne Greig, Tommy MacKay

Download now

Read Online →

The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties By Anne Greig, Tommy MacKay

The Homunculi, (or 'little people'), is a fun activity that builds social and emotional resilience in children and young people, aged 7 upwards, and into the teenage years. It is particularly suited to those with high functioning autism or Asperger's Syndrome who often have difficulty identifying troubling feelings such as anger, fear and anxiety.

The Homunculi are miniature agents with problem-solving missions and special gadgets who live inside the brain and help out with distressing thoughts, feelings and behaviours. Through inventing their own Homunculi characters and stories, participants in the activity learn to cope with their real-life social problems. Complete with a large-format skull poster, character and storyboard templates, and photocopiable record sheets, this unique resource includes everything needed to get started on making Homunculi stories, cartoons or videos.

This flexible, 10-week, CBT-based programme for individuals or groups will be transformative for psychologists, therapists, teachers and other professionals working with children on the autism spectrum or with behavioural difficulties.

[!\[\]\(faf942dc3e59ce8eb64b4ac481eca7e0_img.jpg\) **Download** The Homunculi Approach to Social and Emotional Wel...pdf](#)

[!\[\]\(cf531ed27e91483460120fcc057b3901_img.jpg\) **Read Online** The Homunculi Approach to Social and Emotional W...pdf](#)

The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties

By Anne Greig, Tommy MacKay

The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties By Anne Greig, Tommy MacKay

The Homunculi, (or 'little people'), is a fun activity that builds social and emotional resilience in children and young people, aged 7 upwards, and into the teenage years. It is particularly suited to those with high functioning autism or Asperger's Syndrome who often have difficulty identifying troubling feelings such as anger, fear and anxiety.

The Homunculi are miniature agents with problem-solving missions and special gadgets who live inside the brain and help out with distressing thoughts, feelings and behaviours. Through inventing their own Homunculi characters and stories, participants in the activity learn to cope with their real-life social problems. Complete with a large-format skull poster, character and storyboard templates, and photocopiable record sheets, this unique resource includes everything needed to get started on making Homunculi stories, cartoons or videos.

This flexible, 10-week, CBT-based programme for individuals or groups will be transformative for psychologists, therapists, teachers and other professionals working with children on the autism spectrum or with behavioural difficulties.

The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties By Anne Greig, Tommy MacKay **Bibliography**

- Sales Rank: #2434545 in Books
- Published on: 2013-06-28
- Released on: 2013-06-28
- Original language: English
- Number of items: 1
- Dimensions: 11.50" h x .40" w x 8.20" l, .88 pounds
- Binding: Paperback
- 96 pages

 [Download The Homunculi Approach to Social and Emotional Wel ...pdf](#)

 [Read Online The Homunculi Approach to Social and Emotional W ...pdf](#)

Download and Read Free Online The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties By Anne Greig, Tommy MacKay

Editorial Review

Review

Greig and MacKay have written a practical guide to the Homunculi Approach: an engaging, interactive cognitive behaviour therapy (CBT) programme to help young people build emotional and social resilience. The programme is designed for young people on the autism spectrum or with emotional and behavioural difficulties, aged 8 and above. The book includes extensive resources and guidance for all who might want to run the programme, including psychologists, therapists, teachers, support workers and parents... I would recommend this book to those who work with young people, particularly those on the autistic spectrum. It is a fun, innovative approach to helping building social and emotional well-being, with a strong CBT focus and clear theoretical basis. -- Journal of Behavioural and Cognitive Psychotherapy

Review

Greig and MacKay have written a practical guide to the Homunculi Approach: an engaging, interactive cognitive behaviour therapy (CBT) programme to help young people build emotional and social resilience. The programme is designed for young people on the autism spectrum or with emotional and behavioural difficulties, aged 8 and above. The book includes extensive resources and guidance for all who might want to run the programme, including psychologists, therapists, teachers, support workers and parents... I would recommend this book to those who work with young people, particularly those on the autistic spectrum. It is a fun, innovative approach to helping building social and emotional well-being, with a strong CBT focus and clear theoretical basis. (Journal of Behavioural and Cognitive Psychotherapy)

About the Author

Anne Greig is an educational psychologist for Argyll and Bute Council, and a Practice Tutor on the MSc in Educational Psychology at Strathclyde University. She has many years' experience as a teacher, researcher and psychotherapist with special interests in mental health and the autistic spectrum. Tommy MacKay is Director of Psychology Consultancy Services and Visiting Professor of Autism Studies, University of Strathclyde. He has over 40 years' experience in working with children and young people with ASD and other difficulties. His work has won many national awards as an 'outstanding and original contribution to psychology'. He has been described by former UK Prime Minister Gordon Brown as 'an inspiration and a visionary'.

Users Review

From reader reviews:

Theodore Huff:

Here thing why this particular The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties are different and reputable to be yours. First of all looking at a book is good but it really depends in the content from it which is the content is as scrumptious as food or not. The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties giving you information deeper including different ways, you can find any book out there but there is no guide that similar with The Homunculi Approach to Social and Emotional

Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties. It gives you thrill reading through journey, its open up your current eyes about the thing that happened in the world which is perhaps can be happened around you. It is easy to bring everywhere like in playground, café, or even in your approach home by train. Should you be having difficulties in bringing the paper book maybe the form of The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties in e-book can be your alternative.

Clarine Davidson:

The particular book The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties has a lot associated with on it. So when you make sure to read this book you can get a lot of advantage. The book was written by the very famous author. This articles author makes some research just before write this book. That book very easy to read you can obtain the point easily after looking over this book.

Steven Simon:

That publication can make you to feel relax. This book The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties was vibrant and of course has pictures on the website. As we know that book The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties has many kinds or style. Start from kids until teens. For example Naruto or Private investigator Conan you can read and think that you are the character on there. So , not at all of book are generally make you bored, any it makes you feel happy, fun and relax. Try to choose the best book for you personally and try to like reading that.

Jackie Armstrong:

As a student exactly feel bored to be able to reading. If their teacher expected them to go to the library in order to make summary for some book, they are complained. Just minor students that has reading's heart and soul or real their passion. They just do what the professor want, like asked to go to the library. They go to generally there but nothing reading significantly. Any students feel that studying is not important, boring and also can't see colorful images on there. Yeah, it is for being complicated. Book is very important for yourself. As we know that on this age, many ways to get whatever we really wish for. Likewise word says, ways to reach Chinese's country. So , this The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties can make you experience more interested to read.

Download and Read Online The Homunculi Approach to Social and

**Emotional Wellbeing: A Flexible CBT Programme for Young
People on the Autism Spectrum or with Emotional and Behavioural
Difficulties By Anne Greig, Tommy MacKay #V3G9B2ZPL6E**

Read The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties By Anne Greig, Tommy MacKay for online ebook

The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties By Anne Greig, Tommy MacKay Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties By Anne Greig, Tommy MacKay books to read online.

Online The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties By Anne Greig, Tommy MacKay ebook PDF download

The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties By Anne Greig, Tommy MacKay Doc

The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties By Anne Greig, Tommy MacKay Mobipocket

The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties By Anne Greig, Tommy MacKay EPub

V3G9B2ZPL6E: The Homunculi Approach to Social and Emotional Wellbeing: A Flexible CBT Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties By Anne Greig, Tommy MacKay