

Sōsh Counseling

Sōsh counseling trains parents and children (ages 8 through young adulthood) to increase functional social skills used in everyday social settings. The Sōsh approach focuses on reinforcing positive behaviors such as following instructions and routines, functional communication skills, and positive non-verbal communication skills such as eye contact. Sōsh is an approach to social skills based on a decade of work with children, adolescents, and young adults who struggle with social difficulties.

The Sōsh framework divides social functioning into five areas essential to social skills development and success: **Relate** (Connect with Others), **Relax** (Reduce Stress), **Regulate** (Manage Behaviors), **Reason** (Think it Through) and **Recognize** (Understand Feelings). These “**5 R**’s” serve as a road map for individuals who want to be social, but may have faced obstacles in the past.

Counseling using this approach is available individually, with families, and in social groups. These services are provided by Dr. Bowers in his Ann Arbor, Michigan office. Visit www.aacenter.org to schedule social skills training using Sōsh.

Dr. Mark Bowers is a Pediatric Psychologist in Ann Arbor, Michigan. He has provided psychological services to children, adolescents, and families for over a decade. He specializes in neurodevelopmental diagnoses (i.e., Autism Spectrum, Asperger’s, ADHD, Traumatic Brain Injury, and Learning Difficulties) and he is an expert in social skills. He has worked with children at the world-renowned Menninger Clinic, owned and operated a private psychology practice in Kansas, worked as a consultant and therapist within the public school system, and completed his internship in Clinical Child/Pediatric Psychology at Denver Children’s Hospital. Dr. Bowers has contributed to articles in *WebMD* magazine, *Scholastic*, and *Parenting: The Early Years*.