



# SOCIAL COGNITION

PUBLICATIONS

**MEDIA KIT**



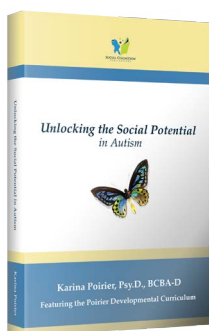
SOCIAL COGNITION  
PUBLICATIONS

## Social Cognition Publications Irvine, CA

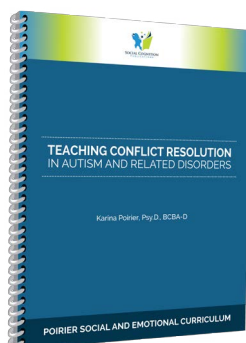
Social Cognition Publications' books and workshops feature the Poirier Developmental Curriculum created by Karina Poirier, Psy.D., BCBA-D.

The Poirier Developmental Curriculum utilizes evidence-based educational strategies to improve social and cognitive skills vital for the social and emotional growth of children with autism and related disorders.

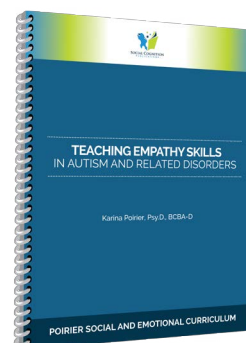
### Upcoming Publications



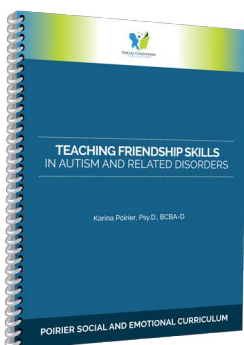
Unlocking the Social Potential in Autism



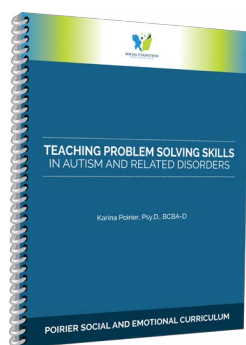
Teaching Conflict Resolution in Autism



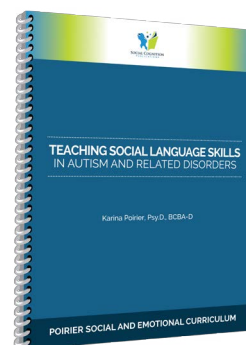
Teaching Empathy Skills in Autism



Teaching Friendship Skills in Autism



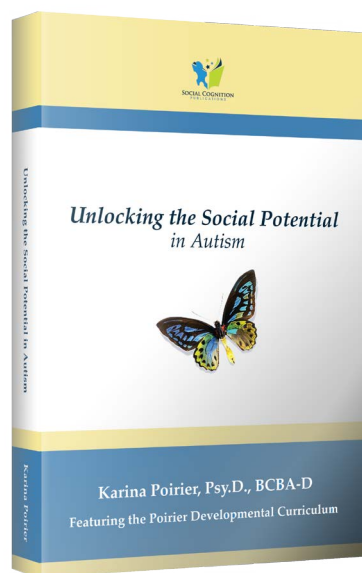
Teaching Problem Solving Skills in Autism



Teaching Social Language Skills in Autism

### Upcoming Workshops

- **Teaching Social and Emotional Skills to Children with Autism** | October 23 & 24, 2014 | Irvine, Calif. Registration information available at [socialcognitionpublications.com](http://socialcognitionpublications.com).



## Unlocking the Social Potential in Autism

To your dismay, your child has received a diagnosis of autism. Along with this alarming news comes the barrage of emotions that suffocates you like an avalanche—denial—confusion—depression—guilt. You want to fix your child; you have a million questions; and you want answers immediately. Autism is a journey in which the child and her family navigate challenges and experience achievements along the way. To guide you in this rewarding journey, Dr. Karina Poirier offers her expertise in this book that parents will find incredibly useful.

In this book, you will find the answers you've desperately been seeking. Dr. Poirier has provided in simple, easy to comprehend language, an overview of child development, a descriptive explanation of how autism affects each developmental area, and guidelines for advancing your child's functioning in all developmental domains. You will appreciate the multitude of hands-on, full-color sample lessons for teaching social and emotional skills, language, problem-solving and decision making, and play skills to children with autism.

### About the Author

**Karina Poirier, Psy.D., BCBA-D**

Dr. Karina Poirier is the Director of the Center for Social Cognition, a board certified behavior analyst at the doctoral level (BCBA-D), and a certified cognitive educational therapist. Her clinical practice is devoted to providing outstanding individual and group therapy that improves social and cognitive outcomes for individuals with autism, ADHD, Traumatic Brain Injury, and related disorders. Learn more at [www.drkarinapoirier.com](http://www.drkarinapoirier.com).

## Unlocking the Social Potential in Autism

**Author:** Karina Poirier

**Publisher:** Social Cognition Publications | Irvine, CA

**Color:** Full-color illustrations

**Pages:** 300

**ISBN (Print):** 9780988798205

**ISBN (Digital):** 9780988798212

**Available:** March 2014

[Book Trailer](#)

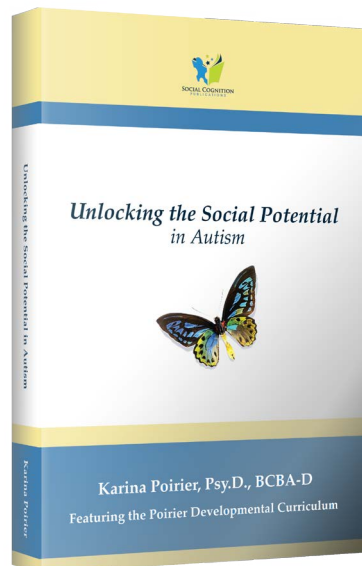
### What parents say about Dr. Poirier's clinical autism program

*"Everyone in our son's life (especially his teachers) has noticed rapid improvements in his language, cognitive skills, and social skills. We are so grateful to have Dr. Poirier's help. We believe that our son would not be where he is today without the benefit of her expertise and her caring approach."*

- Parents of a Second Grader

*"Dr. Karina Poirier is a vibrant, highly articulate professional with a big heart. Through her, we found guidance and know-how not only in teaching and managing our son, but also in our close involvement with the school district to help him achieve his full potential."*

- Parents of a Kindergartener



## Unlocking the Social Potential in Autism

### READER REVIEWS

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#### RATING: 5.0 STARS

Reviewed by Teodora Totorean for Readers' Favorite

*Unlocking the Social Potential in Autism* by Karina Poirier is written for anyone who deals with Autism, be that through professional or personal circumstances. The first chapters of the book are dedicated to explaining possible causes of Autism spectrum, including demolishing some myths of what Autism is or is not, all of which are backed up with scientific research and academic studies dedicated to this condition. The book then continues with an array

of exercises targeted at both educators and parents that work with children with Autism. As the lack of social interaction skills is one of the difficulties that children and adults with Autism have, the exercises are cleverly designed to teach children human emotions, empathy, and manners as well as social interaction skills such as language, storytelling, play skills, problem solving, conflict resolution, etc, all accompanied by relevant pictures.

The book is enjoyable to read while informative and interactive at the same time. Not only does it give readers the theory behind the condition, thereby helping parents and educators to understand it better, but it also offers exercises that can be applied in the classroom and at home. The book opens with a foreword written by a parent whose children benefited from the methods described by Poirier, thus setting the premise of the book. Anyone who has this book can benefit from the same methods so their children can surpass some of the difficulties that come with this condition and have the same childhood and access to education as any other child. The language is easy to understand and the exercises are easy to follow, understand, and then apply. This is a book that should be in any school or household that has at least one child who is on the Autistic spectrum so it can be used and consulted whenever needed.

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#### RATING: 5.0 STARS

Reviewed by Mamta Madhavan for Readers' Favorite

In Dr. Karina Poirier's *Unlocking the Social Potential in Autism*, many parents will find answers for questions on autism. The book is a helpful guide for those parents and teachers who are dealing with autistic children at the work place and home. There many questions that crowd your mind while handling an autistic child. Dr. Poirier takes the readers on a very simple journey that explains about autism in detail and how it affects the development and growth of a child. The sample lessons for teaching skills, problem solving, and decision making are very useful to the parents of autistic children.

The author has covered the topic extensively. Her experience in dealing with autistic children is evident from the book. The modern understanding of autism and how to treat it is well defined. Each patient will have a different treatment plan, depending on the intensity of the disorder. The author has used plain and simple language so that it is very easy for readers to understand. The book also defines the importance of understanding the social, emotion, and play skills while handling autistic children. A healthy social and emotional development contribute to a child's growth.

I found the sample lessons for teaching very useful and pragmatic. The illustrations used in explaining them make it effective. All the reflection exercises after each plan and the exercises to evaluate and monitor all the plans given at the end of the book are very thoughtful and can be tried out.

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### RATING: 5.0 STARS

Reviewed by Kathryn Bennett for Readers' Favorite

*Unlocking the Social Potential in Autism* by Karina Poirier talks about what you will go through when the news comes from the doctors that your child has autism. You will feel so many emotions at once: denial, confusion, depression, even guilt, and all you want to do is fix your child. Karina Poirier offers her insight and expertise as a doctor in this book that will help all parents deal with all of the questions that come up with a diagnosis like autism. How autism affects each area of development and how best to use problem-solving tools to make things better for yourself and your child.

I am always working on learning more about autism and how I can help my very good friend in handling her daughter who has been diagnosed with it. Many of the books I have read are a bit generic and offer the same information you can find by just Googling it. However, Karina Poirier has taken a new approach and given me information I did not know before. For me, the best part of this book was the fact that the language is easy to understand and comes across in a way that any parent will understand; and yet it is very informative so you can see the expertise behind it. This book really does help to handle the fear that parents experience when they are told their child has autism. Parents will realize that the child is not 'broken,' just different and there are ways to handle it that help everyone. I would recommend this book to anyone who has a child, or a friend who has a child, with autism.

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### RATING: 5.0 STARS

Reviewed by Author Anna del C. Dye for Readers' Favorite

This interesting book about autism, *Unlocking Social Potential in Autism*, is a great eye-opener for those who are involved with someone with this problem and for those of us that like to be informed. According to Karina Poirier, Doctor of Psychology, Board Certified Behavior Analyst, autism is a developmental disorder, meaning that it begins in the womb and progresses from there, sometimes



## Reader Reviews (continued)

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not showing up until the child reaches a certain level of physical development.

The book is divided into four sections to make it a well rounded book for any reader:

Section 1 « Autism Demystified

Section 2 « Understanding the importance of cognition, social, emotional, play & story telling skills

Section 3 « Teaching And Learning Approach

Section 4 « Poirier Developmental curriculum

According to parents of autistic children, not all doctors work with all the implications of autism. Some work with the sounds, while others with the social implications, but you need a doctor that will work with all the symptoms for well rounded, better results.

I found this book very interesting and a well-researched subject that was easy to understand. I recommend it to all people, for we know not when this puzzling dilemma might touch our own family to the very heart. It is an excellent source for family, teachers, and friends of those who are affected by this problem. The author has done a great job on a subject that is most puzzling for many people, even those in the medical field. You will really like the great source of help found in this book and the way Poirier teaches you how to do something about it.

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### RATING: 5.0 STARS

Reviewed by Jean Hall for Readers' Favorite

Autism Spectrum Disorder or ASD has more than one pathway in the brain. Early interventions by qualified professionals give the most hope in treating this lifelong disorder. Doctor of Psychology, Karina Poirier, skillfully reaches out to her audience in *Unlocking The Social Potential In Autism*. Dr. Poirier demystifies autism by describing it in detail with a human and compassionate approach. Autism affects social interaction and habits. Withdrawal or repetitive actions may be a coping strategy for an autistic person who feels overwhelmed and confused. For most of us, we know basically what to expect at a birthday party, a school assembly, or a family gathering. Our cues and expectations come from our mind and its development.

Karina Poirier takes us on a tour of current medical and behavioral understanding of ASD. But she also presents new and innovative ideas that may be proven in future research. There is still controversy about the root causes of the disorder and the exploding number of new cases. The foreword by a mother of 2 autistic children immediately humanizes the book. *Unlocking The Social Potential In Autism* takes on a huge issue and boils it down to help these fascinating individuals. The story of this disorder doesn't get lost in the weeds of medical jargon. The colorful illustrations and practical exercises tell the story of how the mind can connect ideas. Maturing with all the pride of independence is in reach for many with autism.

# Improving social and communication skills in children with autism

Dr. Karina Poirier, author of *Unlocking the Social Potential in Autism*, says that understanding a child's unique needs is the key step to dealing with concerns and developing their strengths.

“Bring everything into the light. The worst thing you can do,” she said, “is to ignore the issue. Parents can help their children learn how to communicate better and develop social skills that will help them thrive later in life. Get help early, identify the specific issues you are facing, ask questions, learn everything you can, and devise a concrete and detailed strategy for engaging your child so key skills are developed and strengthened”.

Here are her answers to some key concerns that parents of a child with autism are faced with.

**Q: My child can sit through a learning task on the iPad or television; however, he becomes restless and fidgety when working with a teacher. Why?**

A: Your child's attention system is reactive. Consider how much children learn from viewing television. Teachers struggle to get children's attention when an activity does not include the sensory kaleidoscope children are used to receiving when sitting in front of the television.

Key Action: Children must be taught at an early age how to develop the mental tools (attend, remember, think) to engage in deliberate and self-directed learning experiences with an adult's guidance.

**Q: My child does not respond appropriately to mood changes in others (e.g., when a peer's mood changes from happiness to distress). Why?**

A: Your child may be lacking the ability to read nonverbal cues. Children with autism often have impaired ability to read, interpret, and process social and emotional messages. Children who are unaware of others' thoughts and feelings risk not developing the sense of self.

Key Action: Treatment to teach the child the emotional codes that are part of the social experience. The child needs to develop the ability to understand other peoples' emotions from their facial expression, tone of voice, and body posture. The child should be taught to recognize and interpret how people around him think and feel.

**Q: My child has difficulty with describing his/her day at school, recounting an experience, or relaying a message. Why?**

A: Delayed recall skills utilize episodic memory. Episodic memory allows us to remember past events

and share these events with others. In other words, it is how we engage in reciprocal conversations with others. Episodic memory produces a conscious awareness of events that have occurred at any one time; it enables people to remember what happened to them in the past or to conceive the future. Key Action: Effective treatment is required for the child to learn about memory strategies and to practice remembering. Through repetition, the child develops not only better recall of past events, but also the skills to communicate the memory of the event to peers or adults during a conversation.

**Q: My child is verbal and has good command of language; however, he has trouble initiating conversation with others and taking turns during a conversation. Why?**

A: Children with autism have difficulties in social initiation and social-emotional understanding. Engaging in a reciprocal conversation with others requires the development and interaction of memory, information processing, and expressive communication skills—all of which are pervasive deficits of children with autism. It is not that these children do not desire involvement with their peers. On the contrary, they do have the desire to be socially engaged with others; however, the dilemma lies in the fact that these children lack knowledge of social norms.

Key Action: Effective treatment that emphasizes social norms and rules, and teaches children how to process social information by distinguishing between relevant and irrelevant information in a social situation. Initiating and maintaining a conversation requires a person to have social knowledge, which is knowledge of event schemas.

**Q: How much play time is appropriate to include in my child's learning routine?**

A: For a young child, teaching through play is extremely important. Play gives children something to do with their ample free time; it also serves the important purpose of honing children's physical, social and emotional development. Play does not occur spontaneously in children with autism the way it does for typical children.

Key Action: Investing significant time teaching through play focuses the child on developing fine and gross motor skills, interpreting the social cues of other children and adults, and responding to those social cues appropriately. Play can be used to develop the ability to interact with, explore, and, ultimately master their surroundings. Play is an essential part of the learning process, and its ability to mimic real-life scenarios makes it an ideal way to stimulate overall development.



# ONLINE RESOURCES

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Social Potential Blog



Facebook Profile



Twitter Feed



Google Plus Page



YouTube Channel



GoodReads Author Page

# MEDIA CONTACT

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Dr. Karina Poirier is available for interviews on a limited basis. Please send interview and other media requests to Julie Anne at [media@socialcognitionpublications.com](mailto:media@socialcognitionpublications.com).

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