

# CONTENTS

<b>1</b>	Introduction to Skillstreaming .....	1
<b>2</b>	Skillstreaming Methods .....	7
<b>3</b>	Skillstreaming in Action .....	15
<b>4</b>	Skill Homework .....	21
<b>5</b>	Skillstreaming Skills .....	37
<b>Group I</b>	Beginning Social Skills .....	40
<b>Group II</b>	Advanced Social Skills .....	41
<b>Group III</b>	Skills for Dealing with Feelings .....	42
<b>Group IV</b>	Skill Alternatives to Aggression .....	43
<b>Group V</b>	Skills for Dealing with Stress .....	44
<b>Group VI</b>	Planning Skills .....	45
<b>6</b>	Making It All Work .....	47
	Alphabetical List of Skills .....	59