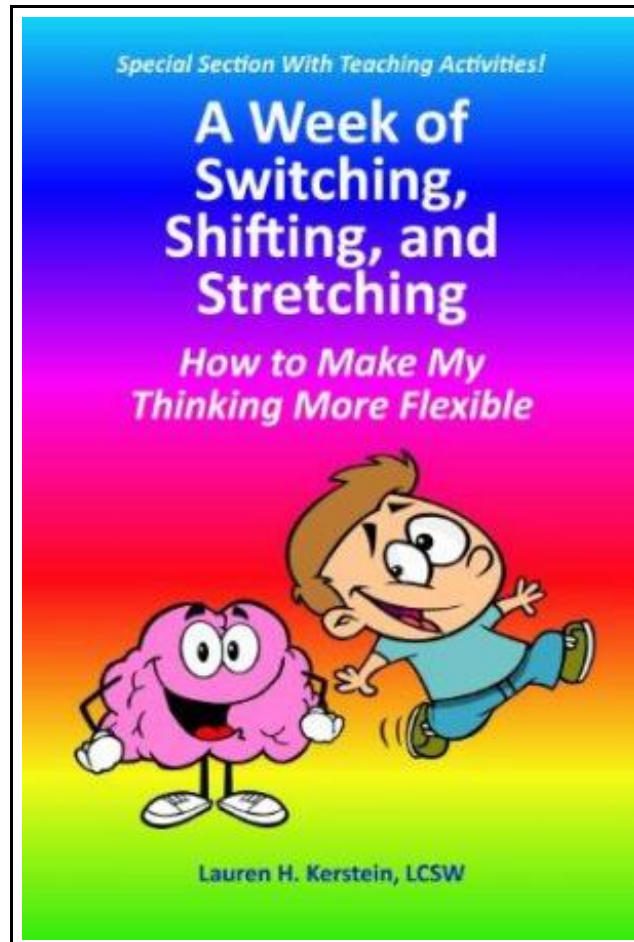


## A Week of Switching, Shifting, and Stretching: How to Make My Thinking More Flexible



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## A WEEK OF SWITCHING, SHIFTING, AND STRETCHING: HOW TO MAKE MY THINKING MORE FLEXIBLE

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AAPC - Autism Asperger Publishing Co., 2013. Softcover. Book Condition: New. This picture book assists children on the autism spectrum, and any child for that matter, in examining their black-and-white thinking in order to begin to think more flexibly -- rainbow thinking. Using repeated rhymes and illustrations, the child begins to recognize that the more flexible his thinking is, the better he is able to cope with the challenges that life inevitably brings, ultimately, leading to fewer tantrums and meltdowns. Lauren Kerstein is a licensed clinical social worker who specializes in working with children, adolescents, adults and families. After receiving Bachelors of Arts in both Education and Psychology at Washington University in St. Louis, Lauren attended George Warren Brown School of Social Work and received a Masters in Social Work. Lauren completed a post-masters fellowship at JFK Partners, the University Affiliated Program at the University of Colorado Health Sciences Center. The fellowship included intensive training and practical experience with children, adults and families with Autism Spectrum Disorders as well as other disabilities. Lauren received multi-disciplinary training from psychologists, psychiatrists, occupational therapists, speech/language pathologists, developmental pediatricians, neuropsychologists, and social workers at JFK Partners. "This book is an essential tool for all educators and parents needing to address a child's inability to be flexible. The simple structure of providing examples of black-and-white thinking along with an example of rainbow thinking provides a useful framework for helping kids begin to make this important shift in their daily lives. "--Diane Adreon, Ed.D., associate director, Center for Autism & Related Disabilities "This is an intervention tool that no one should be without! Ms. Kerstein utilizes an easily understood metaphor, with great visual supports, to explain the challenges of being too rigid in one's thinking. Through simple text, easy-to-follow repetitive sentences, and colorful illustrations,...



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