

## The CAT-kit

- originally designed in Denmark for children and young people with Aspergers Syndrome by . Dr. Tony Attwood, Psychologist Kirsten Callesen and Psychologist Annette Møller Nielsen
- translated for example into English, Swedish, Italian, Finnish, French, Japanese, Icelandic, Danish and Norwegian
- the CAT-kit users can be parents, teachers, counsellors as well as therapists and other • professionals working with children, adolescents and adults focusing on enhancing selfinsight, assertiveness, behavioral strategies and social interplay
- the CAT-kit elements can be integrated when working with children in general as well as . persons with Autism, Aspergers Syndrome, OCD, ADHD and impaired perception
- in the Scandinavian countries the CAT-kit is used in schools, special education, institutions and psychiatric therapy
- > Cat-kit includes visual tools which help to structure a meaningful conversation with a student about behavior. There are also elements designed to support the different parts of the conversation:
  - ✓ Find feelings and thoughts
  - ✓ What does the body feel?✓ My new behavior

  - ✓ Restructuring thoughts