

STEER

Strategies Transforming Executive-functioning and Emotion Regulation for driving

STEER is a cognitive behavioral intervention for *teens and adults* with executive functioning or emotional regulation challenges related to Autism Spectrum, ADHD, Anxiety or other related conditions to reduce *driving-related* anxiety or apprehension. The program teaches executive functioning and emotion regulation skills in a group format along with individual driving simulator sessions.

Table of Contents

Chapter 1: Pre Assessment, Introduction, Expectations & Curriculum Overview: Set Driving Related Goals & Define Driving Challenges

Chapter 2: Situational Awareness: Identifying External and Internal Context Clues

Chapter 3: Sustaining and Shifting Attention: Attending, Shifting and Scanning

Chapter 4: Flexibility and Problem Solving: Thinking and Doing Things Differently

Chapter 5: Emotional Training & Thought Changing: Negative to Positive Thoughts

Chapter 6: Emotion Awareness and Regulation: Identify and Change Emotion levels

Chapter 7: Goals, Plans and Preparations: Step by Step Plans and Graded Exposures

Chapter 8: Preparations for Driving Challenges: Rare and Common Driving Scenarios

Chapter 9: Review, Do and Self-Advocate: Understand Communication Options

Chapter 10: Driving Test Preparations: Written Permit and Driving Tests

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