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# Cognitive Pragmatic Treatment via Telepractice (@CPT) for autistic adolescents: A Pilot Study

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## Abstract

In Autism Spectrum Disorder (ASD) communication is often impaired. This study examined the effectiveness of Cognitive Pragmatic Treatment for adolescents delivered via telepractice (@CPT). The study included 14 autistic adolescents, 7 treated with @CPT and 7 participating as a control group. @CPT is a group program designed to improve pragmatic ability, that focuses on different expressive means (e.g., language, gestures, and paralinguistic cues). Results showed a significant pragmatic improvement after participation in @CPT, while control group participants showed no improvement. Despite the small sample, the results suggest the effectiveness of pragmatic interventions in telepractice with autistic adolescents.

**Keywords:** Autism Spectrum Disorder (ASD), Pragmatic training, Telepractice

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