

This Rigorosum Thesis work puts mind to questions how to effectively work with adolescents they were diagnosed with Asperger's Syndrome. Based on author-led concrete development project, it proves the high efficiency of cognitive behavior techniques for the social learning and the training and improvement of communication skills or additionally for problem behavior solving. Together with those frequently used tools it shows other opportunities how to raise efficiency - especially of Kaizen principles application and of some Neuro-Linguistic-Programming techniques.

Theoretical starting points are Structured Learning principles, Applied Behavior Analysis or more precisely Cognitive Behavior Therapy tools, Kirkpatrick four-level model of training processes effectiveness measurement, especially focused on the third level that means target group behavior changes on the daily basis, and Kaizen as a maker of extensive changes through continuous improvement which is frequently used so far for continuous improvement in industry.

The efficiency of the author developed and led project is certified by 360degree feedback based on the competence model of one concrete secondary grammar school in Czech Republic which is opening to integrate students with diagnosed autistic spectrum disorders.