



Mental Health Services

Social skills training

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Social skills training is a form of cognitive behavioral therapy in which patients train skills in social and interpersonal relationships

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**We all recognize the
feeling:
Sometimes we don't
want to be with people
at all**







Imagine then, how it must be if you have:

- **positive symptoms**
- **negative symptoms**
- **low self esteem**
- **been out of practice for some time**
- **trouble with cognitive deficits**
- **an unequal situation to deal with resulting from feelings of inferiority**





Definition - Social skills training

- Training: how to interact and communicate with others
- A systematic, goal-directed and educational method in developing, generalizing and maintain social skills

(Lieberman 1985)

**Social skills training is not like
Dog training!!**





Collaborative empiricism

Social skills training in Opus

The patient is included after being referred by the case manager and after assessment by the teams psychologist

- Group size: 6-8 participants and 2 therapists
- Weekly meetings for a year
- 1½ hour - with breaks

Social skills training in Opus

- Medication Management (app. 8 sessions)
- Symptoms management (app. 10 sessions)
- Basic social skill and communication training. (app. 17 sessions)
- Conflict solving. (app. 10 sessions)

Methods

- **Brainstorms**
- **Problem solving**
- **Discussions**
- **Alternative thoughts, actions, strategy**
- **Role-plays or situation-exercises**
- **Home assignments – “training in the real world” , “therapy to go” or “trying it on for size”**

Session, step by step

- **Brief update – “What have you done since last time we met”**
- **Setting the agenda – bridge to previous sessions**
- **Review of homework**
- **Topic of the day - role play, brainstorm, problem solving or discussion**
- **Setting new homework**
- **Briefly looking forward – “What are you plans for the next week”**

Medication Management

Effects and side effects

Advantages and disadvantages of taking medicine

Coping with it

Getting information

***Drugs cannot teach life
and coping skills
required for successful
adaptation to
community life.
(Lieberman 1983)***

Symptoms management

- **Early warning signs**
- **Coping with warning signs**
- **Psychoeducation – answering the questions**
- **Coping with symptoms**
- **Stress - Vulnerability model**
 - Maximizing edifying/protective factors
 - Minimizing stressing factors

Zubin & Spring 1977

Basic social skills and communication training

- **Body Language**
 - (go and nogo signals).
- **Starting a conversation**
- **Maintaining a conversation**
- **Ending a conversation**
- **To do it all at once and fluently**

- Expressing positive feelings
- Making a request
- Listening to others
- Expressing unpleasant feelings

Bellack et al 2004

Conflict Resolution

Resolving Conflicts

- without violence or hurting the feelings of others
- Without running away from difficult situations
- Without going against your feelings or beliefs

- Asking yourself: is it worth the trouble
- If so, how do deal with it – the best way

- Listen to the other person
- Repeat what you are hearing
- Explain what you think
- Suggest a compromise

SOCIAL PROBLEMSOLVING

- **STOP**

- What's happening?
- What's the concern?
- What's going on?

- **THINK**

- What will happen if?
- What can I do?
- Have I done this before?
- What choices do I have?
- What are the pros & cons?

- **ACT**

- What is my decision?
- What will I need to do?
- Do it NOW!!

- **CHECK IT OUT**

- Did it work?
- Do things look different?
- Am I satisfied with what happened?



The evidens?

Well, that depends...

It seems to be working; if you get

➤ **Life into SST**

and if you get

➤ **SST into life....**

Regularly and for a long period of time —
integrated with psychoeducation

6 Step Problem Solving Method

1: What is the Problem?

Talk about the problem, listen carefully, ask questions, get everyone's opinion.

Then write down exactly what the problem is.

2: List All Possible Solutions.

Put down all ideas, even unlikely ones. Get everybody to come up with at least one possible solution.

3: Discuss Each Possible Solution.

Go down the list of possible solutions and discuss the advantages and disadvantages of each one. List Pluses and Minuses

4: Choose the Best Solution or Combination of Solutions.

5: Plan How to Carry Out the Best Solution.

6: Review Implementation and Praise All Efforts.