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

(Liberman 1985)
Social skills training is not like Dog training!!
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. (Liberman 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
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**

*(Liberman 1999)*
• 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 PROBLEM SOLVING

• 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?

Wiener 2005
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.

McFarlane 2004