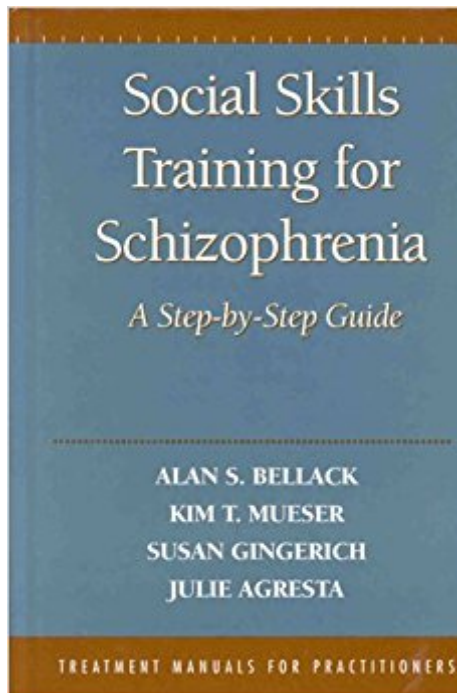




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# Social Skills Training For Schizophrenia: A Step-by-Step Guide



## Synopsis

Designed to facilitate group work in a range of settings, this book presents an empirically tested format and ready-made curricula for teaching essential social skills to schizophrenia clients. Part I provides a detailed overview of principles and methods. Chapters take readers step-by-step through assessing existing skills, introducing new skills, and maintaining and consolidating gains. Troubleshooting tips are included for managing common problems with highly symptomatic and highly functioning clients, and the authors show how techniques can be tailored to meet clients' individual needs. Part II comprises 48 clearly written and up-to-date skill sheets. Each sheet--essentially a complete lesson plan in itself--explains the rationale for the specific skill at hand, breaks the skill down into three or four smaller steps, suggests role-play scenarios, and alerts clinicians to special considerations. Appendices include concise guidelines for orienting group leaders and members and conducting group sessions effectively, as well as sample assessment forms and other useful materials.

## Book Information

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## Customer Reviews

"Social Skills Training for Schizophrenia is that all-too-rare example of a book which is both informed by rigorous research and inspired by clinical experience. The authors provide the most comprehensive manual to date for those practitioners interested in assessing and teaching social skills to individuals with serious and persistent mental illness. In easy-to-understand terms, they

have combined 30 years of social learning principles with very recent knowledge gathered from neurocognitive research to facilitate the successful implementation, application and maintenance of this critically important psychiatric rehabilitation modality. Of particular interest and value to practitioners who wish to learn the practical points of establishing social skills training groups, the authors describe how to motivate clients to participate, and how to organize the curricula and content of the training. Part II of the book has very specific 'lesson plans,' or goals for teaching a variety of skills that will be useful to persons with mental disorders such as schizophrenia; for example, getting a date and engaging in safe sex. The material of conversational skills can be used as an introduction to the more detailed and structured module for training Basic Conversation Skills that has been developed and validated by the UCLA Clinical Research Center for Schizophrenia & Psychiatric Rehabilitation. This book should serve as an effective tool in disseminating the technology of social skills training to a new generation of rehabilitation practitioners." --Alex Kopelowicz, MD, UCLA School of Medicine; Medical Director, San Fernando Mental Health Center; and Robert Paul Liberman, MD, UCLA School of Medicine

"Social Skills Training for Schizophrenia by Bellack, Mueser, Gingerich, and Agresta, should be required reading for any professional, regardless of discipline, who works with individuals with schizophrenia. It is unique, clinically sophisticated, painstakingly data-based, and pragmatic. It is beautifully written, easy to follow and implement, and completely comprehensive. Nothing is left to chance, and all details are in place. It is a socially significant document, since it provides a means to improve the social functioning of schizophrenia clients in order to diminish the need for hospitalization. Indeed, the document is a message of hope. Given the two senior authors' long experience working with this most difficult-to-treat population, it is most apparent to this reader that they have been able to impart their hard-earned clinical secrets to the readership with consummate ease. I rarely have read a clearer or better text. My prediction is that this will become a classic in the field. As Johannes Brahms once said to Johann Strauss about one of his waltzes, 'I wish I had written it.'" --Michel Hersen, PhD, ABPP, Center for Psychological Studies, NOVA Southeastern University

Alan S. Bellack, PhD ,University of Maryland School of Medicine  
Kim T. Mueser , PhD ,Dartmouth Medical School  
Susan Gingerich , MSW , Delaware Psychiatric Center  
Julie Agresta ,MSS , Allegheny University of Health Sciences.

This is the book the reader is seeking if they are developing, maintaining or teaching a day treatment program for chronically, severely mentally ill persons. While the title specifically mentions

schizophrenia the target population for social skills training will also include 'consumers' who have other severe mental illness or social deprivation which has caused their regression. Thus it is appropriate for persons who are training 'consumers' who suffer from chronic depression, organic brain syndromes, anxiety disorders, moderate to severe dementia and other illnesses. This book appears to be written with the realization that teachers in adult day programs for the mentally ill will not necessarily possess advanced degrees and their supervisors may have degrees in another area of expertise. It remains very readable, has very little psychobabble nor fluff. The format is one which provides quickly learned and well structured lessons for the consumers. More importantly for today's treatment climate, it is laid out to guide the reader toward better ability to document lesson plans and individual progress notes in a way which is easy for supervisory site visitors to follow. This is a vital point for programs which are licensed by state departments of mental health. For readers who have 'consumers' with significant impediment to learning social skills because of anxieties or personality disorders I'd recommend the reader evaluate a text which can familiarize them with DBT. Some of these are: \*Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings, \*Depressed and Anxious: The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety, \*Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance (New Harbinger Self-Help Workbook). \*Edited on 10/6/13 to add that our day hospital therapist has had abundant success using the proprietary STEPPS training CD by Nancee S. Blum. I don't see an [link](#) to the English version of this CD. STEPPS appears to better present the material a consumer would learn in the initial 6 months of DBT training.

I found the book to be useful for any one who has to deal with people with schizophrenia. While it is meant primarily for those who are going to run a therapy group, there are insights and advice useful for any one who has a family member with schizophrenia. Quite frankly, its areas detailing social skill development is good for anyone to read, regardless of affliction.

Using this for a group my intern is running now and it seems to work great.

This book is definately a good one for professionals to have. I ended up with three people with schizophrenia in my office and need all the tools I can get them to help them in life.

I recommend this book for any mental health clinician that facilitates social skills groups.

It's been and still is very helpful. Before this book... everything was a puzzle to me.

I was looking for more of a hands on workbook. This was helpful but I found some of the information to be out of date. It took a very long time to ship and when I finally got the book I was terribly disappointed.

exactly as expected

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