

Intro SST 5 Transcript

BELLACK: One of the things we try and get across to new clinicians is, take the phrase "yes, but" out of your vocabulary. Because when you say "yes, but --" "You did okay, but --" that really comes across for a lot of folks as being critical. You'll know you're walking past an effective social skills training group room if, when you're outside the door, you'll hear people laughing and applauding, because it means that they're congratulating one another and they're having a good time.

Unlike most other therapies, you can really, palpably, see people change -- from within sessions, across behavior rehearsal or role-plays, across sessions. You can really see very impaired folks learning how to do things better, and you can see them enjoying the sense of satisfaction as they learn. You can really get a sense that they are developing a sense of confidence that they can really achieve important goals in their lives. And for most of these folks, it's so difficult to get them to be excited about things or to try things or to succeed, that it's probably as gratifying as any other clinical intervention that I've been involved with.

And most of the clinicians that we train are really pleasantly surprised at how different this feels. And most of the consumers who participate really enjoy it more than they enjoy most other therapeutic experiences. I don't want to sound like a Pollyanna and make sure that this is, or give you the impression that this is only good and only good things happen and everyone loves it. But when you see this video, I really think that you'll see something that feels very different to you than what you typically experience in group therapies with seriously ill folks.