

## Group Session SST 1 Transcript

BELLACK: I'm delighted to be able to introduce this video on skills training to you. We're really excited about the opportunity to show you what skills training groups look like, in the hope that we can help you be more successful in working with your consumers.

Social skills training is an evidence-based practice. There is more than 30 years of supportive research documenting its effectiveness. It is entirely consistent with the consumer recovery model, in part because it really focuses on enhancing people's sense of self-respect and self-efficacy. We're really trying to teach folks that they can be successful in achieving their goals in the community.

And we also think that skills training is an intervention that both clinicians and consumers really enjoy. That's partly because it really is designed to help people be successful. In contrast to many other kinds of programs, where we're focusing on what people aren't doing or what they *should* be doing, or how they should do it differently, what we're really trying to do is teach people new behaviors in a way that guarantees that they have confidence that they can be successful. We're very, very reinforcing when we do this, and you'll see that when you watch the group in a few moments.

And we're also, we're emphasizing skills training as very similar to teaching any other motor skill. If you want to teach somebody to play the piano or if you want to teach them golf or tennis, the idea is not to *talk* to them about the piano, but to show them what to do and give them practice. And it's like the old joke, "How do you get to Carnegie Hall? Practice, practice, practice." How do we teach people how to be successful in achieving their goals in role functioning? Practice, practice, practice.

So we hope that you enjoy the video. We think it'll be helpful in helping you be more effective, and we think that it's an intervention that both you and your consumers will really like doing.

BECKY: And sometimes you do got to think outside the box, like when we were talking about the movies...

CINDY: Thanks, everybody. Well, here in social skills, we do all different kinds of topics.

And today, we're going to do compromise and negotiation, which can be a difficult skill, because, you know, maybe two people want to do something together, and they're having difficulty deciding what they're going to do, like maybe they're going to go out to eat, and they're trying to decide what restaurant they're going to go to. Or maybe they're going to go to a movie, and there's some -- one person wants to see an action movie and the other person wants to see a comedy. So, you know, this can happen, even with the best of friends or family members, so we're going to work a little bit on this skill today.

So let me ask, when I say, "compromise," what comes to mind, folks, what do you think of? What the heck am I talking about?

MAN 1: You and another party have to agree on something. You might have a point of view, and the other person has a different point of view, but then you try to reach some kind of an agreement --

CINDY: Perfect.

MAN 1: Yeah, between your differences.

CINDY: Perfect, perfect. And what does, "negotiate," mean? It's kind of along the --

MAN 2: Talk about the agreement you're going to make with that person.

CINDY: Exactly, so each party makes their needs known. And after you know what they

are, then, between the two of you, you come to a compromise.

And this is something that is so important, certainly if any of you have ever been in a relationship, you know you'd better learn how to negotiate and compromise with one another. And even world powers are constantly working on compromise and negotiation, so it's a very, very important skill.