



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

*Julie Agresta, Alan S. Bellack, Susan Gingerich, Kim T. Mueser*

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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.

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