

Psychosocial therapies for psychoses and bipolar disorders

SOCIAL COMPETENCY TRAINING

"Social competency" refers to potential capabilities, or "social skills" - a manifest conversion into concrete behaviour. SCT deals with the examining of individual behaviours, learning of behavioural alternatives that improve interpersonal contact and increase confidence in dealing with other people. For this, the group represents the practice area in which patients can test out and practise new behaviours. These behavioural alternatives can be tested and implemented further during an in-patient stay, so that experiences can be exchanged as the group progresses, and problems that occur during practice can be discussed.

The aims of therapy are as follows:

- Information and differentiation of adequate behaviour (distinction between confident - not confident - aggressive behaviour). This is mediated and practised using working models as well as in practical exercises, e.g. in role play and interaction simulations in group and individual activities.
- Creating and forming social contacts, e.g. in discussions and joint activities
- Esteeming expression of constructive criticism
- Adequate formulation of individual wishes and requirements
- Specifying or working with individual matters in the following areas: asserting rights, forming relationships, asking for sympathy, having regard for disorders in social contacts while taking into account assessment of the situation based on a difficulty scale from 1 to 10
- Training in awareness of others and the self

Text: Martin Lambert

Source: Qualitätshandbuch des Arbeitsbereichs Psychosen der Klinik