

Training of social skills

Target-group

Training of social skills is primarily developed for people with the diagnosis schizophrenia. In Denmark training of social skills is among other things tested in three municipalities in Zealand and six municipalities in Jutland.

Here the method is tested on group basis towards people with severe mental disorders with the diagnosis schizophrenia, severe anxiety, bipolar disorder etc. Additionally, work is also being done with training of social skills in outreach treatment of psychotic youths (OPUS).

Method

Training of social skills is a pedagogical method for development and maintaining of social skills. The overall goal with the method is to better the citizen's understanding of interpersonal signals and train social behavioural competence. The method thus supports the citizen to be reintegrated into societal life by increasing the cognitive abilities and social courses of action of the individual. There is worked thoroughly with the formulated goal of the citizen, which are fixed initially. Training of Social skills is an education and training course, where there is focused on problem - and conflict solving, conversation competences, symptom mastering as well as home exercises and role-play. In training of social skills is supported by the citizen in coping with symptoms, improve communicative skills and to discover signs of a psychosis. Training of social skills can be an individual offer or a group offer (or both and).

Implementation

In Danish context training of social skills is implemented several places. In project "Quality in the municipal effort towards citizens with severe mental disorders" under the auspices of the National Board of Social Services there is prepared a material on implementation. You can read more about the project in the link below. Project description: 19: Quality in the municipal effort towards citizens with severe mental disorders

Effect

There is documented positive effect regarding improving social skills of the citizen and the quality and the number of social contacts. Overall psychosocial functional level of the citizen is thus improved, and negative symptoms are reduced.

Economy

There is prepared a cost effectiveness analysis in connection with the testing of training of social skills in 9 Danish project municipalities. Currently there exists no valid economic data basis

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Implementation support

Receive support from training of social skills.