Cognitive Behavioral Social Skills Training (CBSST)

TARGET AUDIENCE

This program is for adults with schizophrenia or other serious mental illness.

SUMMARY

Cognitive Behavioral Social Skills Training (CBSST), a community-based program, is designed to improve daily functioning in individuals with serious mental illness.

EVIDENCE

Randomized controlled studies by program developers have demonstrated significant improvement in the primary outcomes of social skills and functioning in intervention participants compared to those in treatment as usual or a comparison treatment. Outcomes were maintained 9- to 12- months post-treatment.

COMPONENTS

Facilitators of the CBSST program use cognitive behavioral therapy and social skills training techniques to help individuals with schizophrenia or other serious mental illness attain an individual level of improvement. This program can be delivered in a group or individual format and includes three primary modules:

- **Thought Challenging/Healthy Thinking Module** utilizes strategies to help challenge and overcome negative patterns of thinking and anomalous beliefs. The 3C’s Strategy, Catch it, Check it, Change it, is used in this module.
- **Social Skills Training Module** uses behavioral psychosocial interventions that focus on communication and on improving basic daily living skills through role-play and other activities.
- **CBSST Problem Solving Module** seeks to help the individual solve real-world problems by teaching the SCALE plan.

**PREVIOUS USE**

CBSST, initiated in 1999, has been used widely throughout the United States and in Australia, Canada, Finland, France, Iceland, the Netherlands, Nigeria, Switzerland, and the United Kingdom.
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TRAINING
Mental health therapists facilitate this program, and a 2-day, onsite training workshop is recommended prior to program implementation. Please email CBSST at info@cbsst.org for more information.

CONSIDERATIONS
Considerations for implementing this program include finding trained personnel or training individuals to facilitate the program, acquiring participant buy-in, and locating space to hold sessions.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing CBSST, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
The CBSST program meets weekly for 2-hour group sessions or 60 minutes twice a week for 24 to 36 weeks; CBSST may also be delivered in individual sessions of varying duration.

COST
Program manuals cost $34 each and are available from this website www.guilford.com/books/Cognitive-Behavioral-Social-Skills-Training-for-Schizophrenia/Granholm-McQuaid-Holden/9781462524716

EVALUATION PLAN
To move the CBSST program to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Eric Granholm, Ph.D., by phone 1-858-552-8585 EXT 7768, email egranholm@ucsd.edu, or visit www.cbsst.org/index.php/contact-us

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legacy.nreppadmin.net/ViewIntervention.aspx?id=256 and www.cbsst.org/