

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Interpersonal Skills

Total Number of Sessions: 12

Source: Reaching Out, Seventh Edition. Interpersonal Effectiveness and Self-Actualization; Johnson, David. 2000.

Duration of each session: 45 minutes

PROS Service: WSM Basic Living Skills

Target population:

- **Diagnoses:** Mood Disorders, Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, Anxiety Disorders, Substance Abuse Disorder, Personality Disorders

- **Barriers to be overcome:**
 - Limited insight into mental illness
 - Difficulty implementing learned skills
 - Limited decision making/problem solving skills
 - Difficulty recognizing conflict

Service Goal:

- This group focuses on the interpersonal skills needed to build and maintain effective and fulfilling relationships with others. Activities will be incorporated for a wide variety of instructional techniques (e.g. group discussion, handouts, role plays, and cooperative learning). These activities will reflect how interpersonal skills are needed to help with mental health goals.

Service Objectives:

- Participants will understand the value of interpersonal relationships
- Participants will learn the meaning and value of self-disclosure as well as self-awareness and self-acceptance.
- Participants will understand what trust is and what is not, how trust is developed and maintained, know the difference between appropriate and inappropriate trust and diagnose their skill level in building and maintaining trust in a relationship.
- Participants will learn skills in effective communication and skills in expressing feelings verbally and nonverbally.
- Participants will develop listening and responding skills.
- Participants will learn skills in resolving conflicts through effective problem-solving and barriers to interpersonal effectiveness.

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Session: 1 Importance of Interpersonal Skills

Duration: 45 minutes

Service Objective(s): Participants will learn the value and benefits of interpersonal relationships. Participants will identify areas they feel they need to improve their interpersonal skills.

Handouts:

- Summary of Interpersonal Skills (pp. 412-416)

Activities:

- Participants will identify and rate from 1 (poorly mastered) to 5 (highly mastered) the degree to which they feel they've mastered interpersonal skills.
- Participants will discuss skills they feel they do well and skills they need to improve upon.
- Overview of group.
- Participants will discuss the value of and importance of interpersonal skills
- Participants will identify and discuss difficulties in forming interpersonal relationships.

Homework:

None

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Session: 2 The Value of Interpersonal Relationships

Duration: 45 minutes

Service Objective(s): Participants will discuss difficulties in forming relationships(continued).

Handouts:

- Relationship Assessment (pp.32-34)
- Keeping Friends (pp. 34-35)

Activities:

- Review session 1
- Review Homework
- Discuss value of interpersonal relationships (Being human, psychological health, personal development, personal identify, constructively coping with stress, meaning and quality of life, self-actualization, and physical health)
- Discuss difficulties in forming relationships.
- Participants will have a greater understanding about learning interpersonal skills.
- Complete and discuss Relationship Assessment (pg 32-33)

Homework:

- None

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Session: 3 Self Disclosure

Duration: 45 minutes

Service Objective(s): Participants will focus on self-awareness and the disclosure of oneself to other people.

Handouts:

- Adjective Checklist (pg. 74)

Activities:

- Review session 2
- Review Homework
- Discuss self disclosure
- Discuss characteristics of self-disclosure
- Discuss benefits of self-disclosure
- Complete and discuss adjective checklist

Homework:

- Participants will complete worksheet if not finished in session

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Session: 4 Developing and Maintaining Trust

Duration: 45 minutes

Service Objective(s): Participants will understand what trust is and what it is not, understand how trust is developed and maintained in a relationship, know the difference between appropriate and inappropriate trust and diagnose their skill level in building and maintaining trust in a relationship.

Handouts:

- True/False (pg. 107-108)

Activities:

- Review session 3
- Review Homework
- Discuss helpful hints about trust
- Discuss TOSS
- Discuss TURN
- Discuss how to re-establish trust after it has been broken
- Complete True/False

Homework:

- None

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Session: 5 Increasing Your Communication Skills

Duration: 45 minutes

Service Objective(s): Participants will learn skills to communicate effectively by being able to send messages effectively.

Handouts:

- None

Activities:

- Review session 4
- Discuss principles of communication
- Discuss false principles of communication
- Read true/false (pg. 131) and have participants answer
- Discuss how to send messages effectively
- Practice personal statements (exercise 4.1)

Homework:

- Participants will practice personal statements

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Session: 6 Expressing Your Feelings Verbally

Duration: 45 minutes

Service Objective(s): Participants will learn to express their feelings verbally and difficulties when feelings are not recognized, accepted and expressed constructively.

Handouts:

- Describe Your Feelings (pg. 181-182)

Activities:

- Review session 5
- Review Homework
- Discuss and identify feelings
- List and Discuss aspects of internal reactions
- Discuss when feelings are not expressed
- Complete Comprehension Test B aloud (pg. 177)
- Discuss Expressing feelings verbally
- Complete Describe Your Feelings exercise

Homework:

- Participants will practice verbally expressing their feelings.

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Session: 7 Expressing Your Feelings Nonverbally

Duration: 45 minutes

Service Objective(s): Participants will learn skills necessary for effective nonverbal expression of feelings.

Handouts:

- None

Activities:

- Review session 6
- Review Homework
- Discuss types of nonverbal behavior
- Discuss characteristics of nonverbal behavior
- Divide into two teams. Facilitator will determine the word that the participant needs to act out for the game of charades. Remind participants that the person who is up front acting out the word is nonverbal.
- Remain into two teams. Facilitator will determine the word that the participant needs to draw out for the game of pictionary. Remind the participants that the person who is up from is nonverbal.

Homework:

- Participants will practice being mindful of expressing their feelings nonverbally.

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Session: 8 Helpful Listening and Responding

Duration: 45 minutes

Service Objective(s): Participants will learn skills necessary when listening and responding to others.

Handouts:

- None

Activities:

- Review session 7
- Review Homework
- Discuss elements of listening
- Discuss intentions underlying the responses
- Identify ways to help people solve their problems

Homework:

- Participants will practice paraphrasing through understanding.

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Session: 9 Resolving Interpersonal Conflicts

Duration: 45 minutes

Service Objective(s): Participants will learn steps of defining and resolving interpersonal conflicts in constructive ways.

Handouts:

- None

Activities:

- Review session 8
- Review Homework
- Discuss concepts of conflicts
- Concerns with conflicts
- Discuss strategies of conflicts
- Complete Chapter Review (answers pg. 303)

Homework:

- Participants will practice different strategies of conflicts.

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Session: 10 Anger Stress and Managing Feelings

Duration: 45 minutes

Service Objective(s): Participants will learn how to manage their stress and anger.

Handouts:

- Exercise 9.1

Activities:

- Review session 9
- Review Homework
- Discuss managing stress and anger
- Complete Exercise 9.1
- Discuss social support systems
- Discuss rules for managing stress constructively
- Exercise 9.3

Homework:

- Participants will identify what makes them angry.

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Session: 11 Barriers to Interpersonal Effectiveness

Duration: 45 minutes

Service Objective(s): Participants will learn about the barriers that impact interpersonal effectiveness.

Handouts:

- None

Activities:

- Review session 10
- Review Homework
- Discuss barriers
- Discuss managing anxiety and fear
- Discuss breathing
- Discuss progressive muscle relaxation
- Discuss Building self esteem
- Discuss Shyness and self blame

Homework:

- Participants will continue to identify barriers that impact their interpersonal effectiveness.

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Session: 12 Review of Interpersonal Skills

Duration: 45 minutes

Service Objective(s): Participants will review and discuss the skills necessary for building and maintaining effective and fulfilling relationships.

Handouts:

- None

Activities:

- Review session 11
- Review Homework
- Review sessions 1-10

Homework:

- None