

## **Welcome to CBSST!: Introduction**

- The purpose of this session is to welcome all newcomers and to introduce Cognitive-Behavioral Social Skills Training (CBSST) for healthy thinking and skills to achieve your goals.

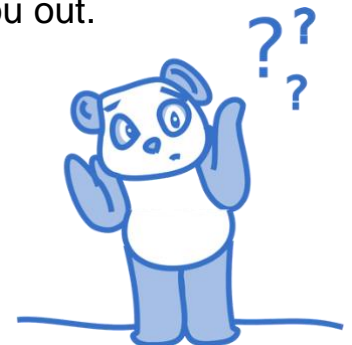
### **What is Cognitive-Behavioral Social Skills Training (CBSST)?:**

- In CBSST, you will learn how to **achieve your goals and solve your problems**. You will do this by understanding your thoughts, practicing skills and seeing how other people cope.
- You will learn skills to recognize and manage your problems and achieve your goals with the help of health-care professionals and the people close to you. You will learn how to **examine your thoughts, communicate better with others and solve problems**.

### **What is Healthy Thinking?:**

- Healthy thinking leads to a better overall **satisfaction with your life**. Healthy thoughts are helpful ones.
- Unhealthy thinking can **get in the way of you reaching your goals**.
- Unhealthy thoughts are problematic because they might **be inaccurate or unrealistic**.

- For example, if someone is having an unhealthy thought, he/she may find it difficult to tell the difference between real and unreal experiences, to think logically, or to cope and interact with other people in various situations.
- A person may also have difficulty remembering, talking, paying attention, and concentrating when stuck on an unhelpful thought.
- Additionally, unhelpful thoughts can make it difficult to have relationships, work, or go to school or do other daily activities. - There are **things that you can do** to help yourself have more healthy thoughts!
- We will be reviewing different **skills** in group to help you out.



- Other things that get in the way of healthy thinking include:

- **Negative mood** (e.g., depression, irritability, anxiety, fears, etc.)
- **Life stressors** (e.g., death of a loved one, financial or medical problems)
- **Sensory experiences** (e.g., voices, sounds, visions, smells, touch, taste)
- **Substance use** (drugs and alcohol can make your symptoms worse, cause you to be unhappy with your life, make bad decisions, and increase unhelpful thoughts)
- **Jumping to conclusions** (making a decision before you have all the facts)

- Unhealthy thoughts are **mistakes in thinking that can be corrected** by gathering all the facts. Therefore, unhealthy thinking can impact your quality of life. It can negatively impact your ability to carry on with day-to-day functioning, your relationships with others, and prevent you from achieving your goals.

- The purpose of this class is to help you **learn healthy thinking to improve your overall quality of life.**

### **How do I get the most out of CBSST group?**

- It is important that you **believe in this class and try to come to it regularly** in order to improve your life. If you listen carefully, work hard in group and do the at-home practices, you will learn to improve your overall quality of life.

- Plan to **participate actively**. The more you participate, the more you will get from the group. Feel free to ask questions and make comments during group discussions; talk about the program with other members of the group as well as with your other health-care professionals. Discussing the material with others will help you improve the skills you learn. It will also be very important to **practice the skills** you learn in group when you are at home.



**Adapted from the Minneapolis VA CBSST Manual**