

Social Skills Training for Schizophrenia Worksheet

People with autism lack the following social skills:

- | | |
|---|--|
| <ul style="list-style-type: none">• Difficulty in maintaining eye contact• They don't reciprocate• People are extremely pragmatic• Empathy• Body language | <ul style="list-style-type: none">• Nonverbal communication• How to behave in a social and community setting• Understand emotions and feelings |
|---|--|

Social skills training programs work on the following principles:

Communication is taught with the help of

- Modeling
- Prompting
- Role-plays

Don't be aggressive but be assertive:

Assertiveness helps individuals to understand the needs of others. Being proactive will help you to be strong on your positive behaviors as well.

- **Nonverbal Communication:**

Non-verbal cues are an essential part of communication. People suffering from schizophrenia have closed body language. Teaching non-verbal communication such as gestures, emotions, and body language help the individual to settle in an effective manner.

- **Verbal Communication:**

Verbal communication is another essential social skill. It helps to share not only the thoughts but viewpoints as well. Coherent and clear speech is an effective tool to convey your message.

Social Skills Training For Psychiatric Patients

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Social Skills Training For Psychiatric Patients:

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