

Improving First Impressions

A Step-by-Step Social Skills Program

Table of Contents

FORWARD	i
INTRODUCTION.....	1
Why this manual?	1
Definition of social skills.....	1
Aetiology of social skills deficits	1
The consequences of poor social skills for individuals with brain injury	2
Remediation of social skills deficits after brain injury	2
Useful strategies in social skills training	3
<i>Behavioural techniques</i>	3
<i>Group programs</i>	4
<i>Homework</i>	4
<i>Contextual relevance</i>	5
<i>Focus on prosocial behaviour</i>	5
<i>Social opportunities</i>	5
<i>Social perception</i>	5
<i>Addressing psychological factors</i>	6
Measurement of social skills	7
<i>Questionnaires</i>	7
<i>Direct observation</i>	8
<i>Social perception</i>	9
The social skills program, <i>Improving First Impressions</i>	10
References.....	12
SESSION 1: GREETING.....	17
SESSION 2: MAKING INTRODUCTIONS.....	21
SESSION 3: LISTENING & WATCHING FOR CUES.....	26
SESSION 4: STARTING A CONVERSATION.....	30

SESSION 5: DEVELOPING, MAINTAINING & ENDING A CONVERSATION.....	34
SESSION 6: TOPIC SELECTION	40
SESSION 7: GIVING & ACCEPTING COMPLIMENTS	44
SESSION 8: BEING ASSERTIVE – SAYING NO	49
Additional material - Assertiveness.....	56
Personal Bill of Rights.....	57
SESSION 9: BEING ASSERTIVE – JOINING IN.....	58
SESSION 10: ASKING FOR & OFFERING TO HELP.....	63
SESSION 11: COPING WITH DISAGREEMENTS	69
SESSION 12: WRAPPING UP – WHAT HAVE WE ACHIEVED?	72
 HANDOUTS AND HOMEWORK TASKS.....	 73
The people in my group are	74
Session 1 Handouts.....	75
Session 2 Handouts.....	79
Session 3 Handouts.....	82
Session 4 Handouts.....	85
Session 5 Handouts.....	89
Session 6 Handouts.....	93
Session 7 Handouts.....	98
Session 8 Handouts.....	105
Session 9 Handouts.....	108
Session 10 Handouts.....	111
Session 11 Handouts.....	117
Session 12 Handouts.....	120
It’s time to celebrate all that we have learned!!.....	121

