

Social Fitness Training

Twenty-six Weekly Two-hour Cognitive-Behavioral Group sessions
within an interpersonal theory framework

Daily Workouts

Self-Monitoring, Self-reinforcement

Exposures with Cognitive Restructuring

Changing negative attributions, beliefs about the self and others

Social Skills Training - the second 13 weeks: Reaching out

Communication Training - Where do I go from here?

Building intimacy - self-disclosure, handling criticism, conflict

Expression of Feelings

Empathy - listening

Attentional Focus Flexibility Training: self- other, empathic response

Video Taping, Mirror Wall

Social Fitness Training Manual

J Elliott



Social Fitness Training Manual:

Delve into the emotional tapestry woven by Crafted by in Experience **Social Fitness Training Manual** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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