

SHYNESS CLINIC
SOCIAL FITNESS THERAPY GROUPS
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Overview

26 weeks, two hours per week
First 13 weeks simulated and in-vivo exposures only, afterward where applicable
Second 13 weeks social skills training and intimacy development

Week 1 – Presenting the Social Fitness Model

SOFTEN, conversations in dyads,
Identify negative automatic thoughts (AT's), categorize them.
Assign two phone calls per person.

Week 2 – First Exposure/In-session Workout

Review homework, identify AT's and and introduce negative automatic attributions (ATT's), self-concept distortions (SCD's).
Challenge AT's, ATT's, and SCD's, develop adaptive responses.
First simulated exposure with cognitive retraining.
Assign in-vivo workouts

Week 3 – 13 - Exposures/In-session Workouts

Review homework/workouts, practice drills
Simulated exposures,
Assign in-vivo workouts.

Week 14 - week 23 – Social Skills and Developing Intimacy

Draws on Reaching Out by David Johnson

week 14 - Self-Disclosure

Revealing reactions/feedback

week 15 - Trust

Disclosure, expressing acceptance, positive intention

Trust as choice and trust as developed
Appropriate vs. inappropriate

week 16 - Verbal expression of feeling

Differentiating feelings from thoughts
Evaluation concern interference
Feelings as response to interpretation

week 17- Nonverbal expression of feeling

non-verbal carries more than 65% of social meaning

week 18 - Criticism/Self-esteem

Burns, McKay, Manual Smith;
Self-esteem/visualization McKay

week 19 - Goals, and self-focus

The self-absorption trap (Cheek) decentering
Critical self-focus, (Cheek, Zimbardo).
Private self-awareness + intense affect (fear or shame)
(Henderson) may knock out accurate self-perception and
increase distortion

week 20 - Resolving Interpersonal Conflicts

Constructive nature of conflict
Awareness, understanding of self and others
Fun if not taken too seriously
Deepen relationship
Defining - must be over actions and issues not personality

week 21 - Confrontation and Negotiation

Confront opposition
Negotiate in good faith
Reach agreement
Choose strategy
Cost benefit analysis
Agreement with joint position adopted

week 22 - Anger management

Destructive - hatred, revenge; depression, irritability, insomnia
Constructive - friendship, gratitude, and goodwill

Components and Functions
Constructive management

week 23 - Assertiveness DESC scripts (Bowers)

DESC scripts (describe, express, specify, consequences)
Video

week 24 - Acceptance of Self and Others

Self-fulfilling prophecy

week 25 Continue Workouts

Identify "relapse" and strategies to resume social fitness training.
Unfinished feelings

week 26 – Post-tests and Evaluations

Self-report questionnaires, group evaluation
Feedback on changes, good-bye's
Diplomas. Dinner party.

Week 27 – Post-group interview,

ADIS Social Phobia section, APD interview; SAQ, Goal setting,
Discussion of post testing and progress, BAT.