

How to refer

Please email seashore-clinic@uiowa.edu with 'CBSST group referral' in the subject line. Self-referrals are welcomed.



Information needed:

- Client name and contact information
- Psychiatric diagnoses
- Referral source contact information (if applicable)



Phone Number

319-335-2406



E-mail Address

seashore-clinic@uiowa.edu



Our Location

Seashore Psychology Clinic
335 E. Jefferson Street, Iowa City, IA



Appropriate Candidates for CBSST

- Adults with schizophrenia who want to work on recovery goals
- Individuals already connected with psychiatry services and medication management
- Individuals willing and able to engage in outpatient group-based psychotherapy



**Cognitive Behavioral
Social Skills Training**

Cognitive Behavioral Social Skills Training (CBSST) -- A recovery-oriented intervention in Iowa City, IA for people with schizophrenia spectrum disorders

What is CBSST?

Social Skills Training (SST) and Cognitive Behavioral Therapy (CBT) are *evidence-based interventions* for adults with schizophrenia spectrum disorders

- CBSST combines CBT and SST into a modular group-based intervention

The intervention focuses on:

- Addressing unhelpful cognitive styles (e.g., defeatist beliefs)
- Developing interpersonal skills
- Increasing cognitive flexibility and problem-solving abilities

Evidence suggests CBSST can help improve difficulties with motivation and drive (i.e., negative symptoms) and daily functioning in adults with schizophrenia

CBSST Intervention

Treatment structure:

- 3 modules x 6 sessions per module, 1 hour/week
- Opportunity to repeat intervention for a total of 36 sessions
- Module 1: Cognitive skills
 - : "Catch it, check it, change it"
 - Introduction to CBT and challenging maladaptive beliefs
- Module 2: Social skills
 - Shore up communication skills
- Module 3: Problem-solving skills
 - Learn problem-solving strategies and behavioral activation to improve functioning in daily life
- Groups will consist of 5-10 participants per cycle
- Session fees: \$10/session, sliding scale available
- Opportunities to participate in research

CBSST at Seashore Clinic

The Seashore Psychology Clinic is a training center for graduate students working toward their PhD in Clinical Science at the University of Iowa and it is a setting for clinical research

CBSST services are provided by trained graduate student clinicians and are supervised by a licensed clinical psychologist with expertise in recovery-oriented interventions for schizophrenia-spectrum conditions