

**Direct
Skills
Teaching**

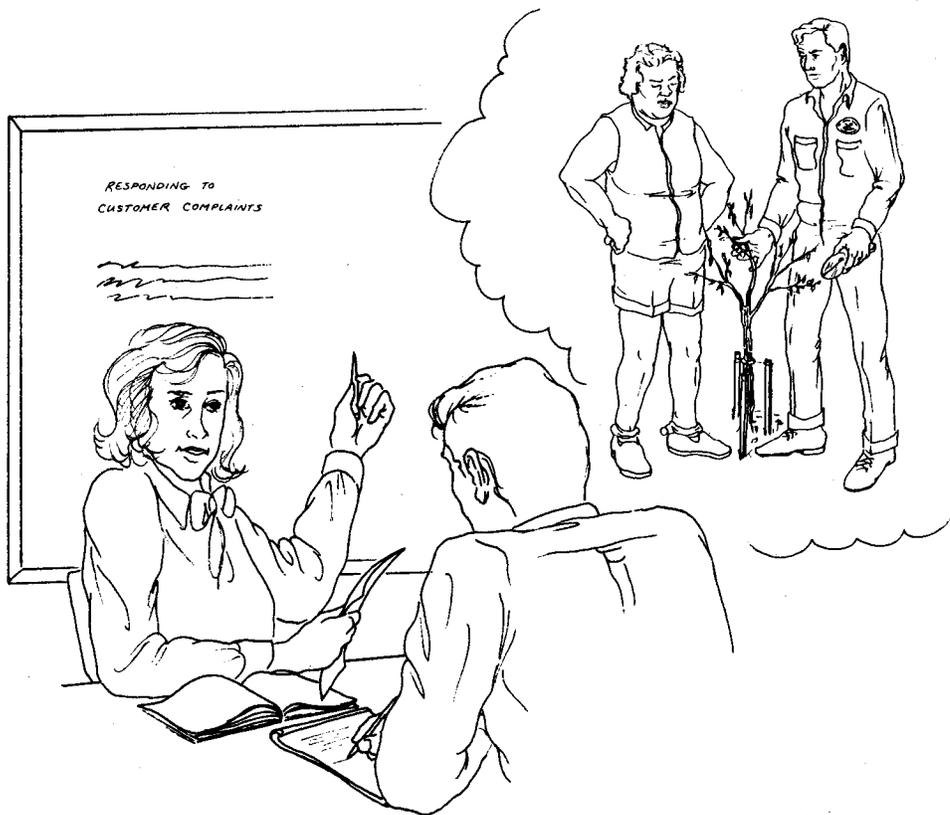


**Training
Module**

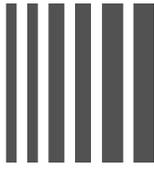


INTRODUCTION

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Introduction

Teaching time: 2 hours

Tell: Before getting started, I will orient you to the materials that will be used during the lesson.

Ask: Look at the Table of Contents for the Reference Handbook.

Tell: • The REFERENCES are printed summaries of important lecture points and examples to be read during the lesson and kept for future reference.

• PowerPoint SLIDES will be shown on the overhead screen.

• SLIDES are visual presentations of lecture points and illustrations to view during the lesson.

• It will be helpful at suggested times to copy information from SLIDES.

- Make the Point:** • In the Psychiatric Rehabilitation Approach, the practitioner uses two rehabilitation interventions to develop an individual's skills: Direct Skills Teaching and Programming Skill Use.
- Direct Skills Teaching is the primary skill development intervention.
- Programming Skill Use is the fourth activity of Direct Skills Teaching. It also may be used independently to improve an individual's skill use.

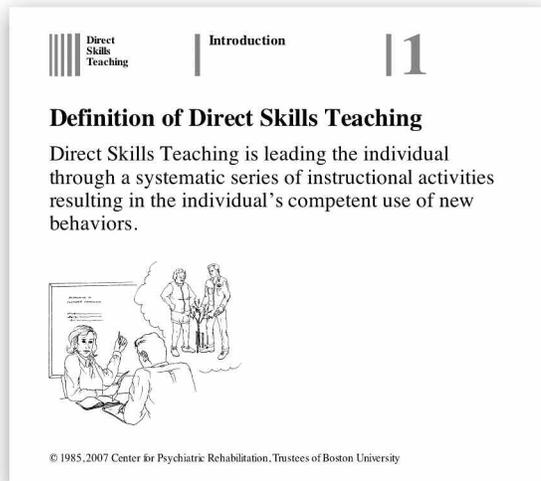
Tell: The goal of this lesson is to get an overall picture of Direct Skills Teaching.

Ask: Complete REFERENCE 1 – Pre-Training Assessment Form. Put your name on the form. Answer the questions as best you can.

Collect: Completed REFERENCE 1.

- Make the Point:** Direct Skills Teaching has the goal of enabling people to learn the skills that are necessary for success in a specific environment.

Show: SLIDE 1 – Definition of Direct Skills Teaching. Read aloud the definition.



Tell: The name of the intervention, Direct Skills Teaching, was carefully chosen to reflect the major characteristics of the intervention.

Ask: What do you think the term *Direct* reflects about the intervention?

Discuss: Several answers.

- Make the Point:**
- The intervention is direct in that the practitioner purposefully prepares learning experiences for the person.
 - Direct Skills Teaching is different from more haphazard ways of teaching psychiatrically disabled individuals, such as modeling desired behaviors or discussion groups.
 - Direct Skills Teaching is a focused intervention that has a clearly stated goal of skill learning and deliberate instructional activities to reach that goal.

Ask: What do you think the term *Skills* reflects about the intervention?

Discuss: Several answers.

- Make the Point:** The intervention is focused on teaching skills.

Ask: Read REFERENCE 2 – Example: Skills.

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Example: Skills

- Making a Bed
- Balancing a Checkbook
- Starting a Conversation
- Mending Clothes
- Planning a Meal
- Stating Negative Feelings
- Writing a Resume

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Show: SLIDE 2 – Characteristics of a Skill. Read aloud the characteristics.

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Characteristics of a Skill

- Behavioral
- Purposeful
- Generalizable
- Compound
- Standardized
- Stable

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- **Make the Point:**
- A skill is the ability to do something well.
 - Direct Skills Teaching is designed to teach skills that are useful (i.e., required to maintain oneself in a particular environment).
 - Skills are stated using straightforward, active verbs.

Ask: Read REFERENCE 3 – Explanation of the Characteristics of a Skill.

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Explanation of the Characteristics of a Skill

Behavioral
Appears directly in the form of actions that can be seen or heard by others.

Purposeful
Intentional.

Generalizable
Can be used in a variety of different circumstances.

Compound
Composed of a combination of knowledge and behaviors.

Standardized
Can specify an ideal way of doing it.

Stable
Evidenced only in multiple observations.

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Explain: The way in which each skill example displays all the characteristics of a skill.

- **Make the Point:**
- There are three types of skills: physical skills, emotional skills, and intellectual skills.
 - A physical skill primarily requires bodily activity.
 - An emotional skill primarily requires interpersonal or intrapersonal activity.