Key Goals
Strengthen self-regulation skills (mood-cognition-behavior) and communication skills to promote successful employment.

Overview
Personal Skills for Work Success (PSWS) is a brief, group intervention that applies a cognitive-behavioral therapy (CBT) approach to the work environment. PSWS was created by the MOMS Partnership™ from S. Pares’s job training program, Learning to Work it Out. Participants learn:

- Skills for self-regulation in the workplace, based on CBT (e.g., Slow Down & Think)
- Skills for problem solving and effective communication in the workplace
- Skills for balancing work-family conflict
- EF skills including response inhibition, metacognition, and flexibility (e.g., Problem Solving)

Target Audience
Women with mood management difficulties (e.g., depression) seeking employment

Format
Personal Skills for Work Success is delivered in 10 classes (90 minutes in length) to groups of about 6 participants. Classes may be scheduled twice/week for 5 weeks.

Technical Equipment & Space Requirements
- Video recording device (with means for secure storage of video files)
- Group space with a table

Incentives
Assessment visits ($25-50) and attendance at weekly sessions ($15-20) are incentivized.

Key Outcomes
Depressive symptoms, self-regulation skills, executive function skills, employment/education-seeking behaviors, employment outcomes

Fidelity
- Treatment adherence: extensiveness with which key goals and core concepts are addressed
- Quality of delivery: core competencies/skills exhibited by instructors
- Exposure and participant adherence: attendance, homework compliance