

Brief SST Group Session Sequence

Welcome and set agenda

- Step 1. Review outside practice (for sessions other than the first session)
- Step 2. Establish a rationale for the skill
- Step 3. Briefly have members share a relevant experience or rationale
- Step 4. Explain the steps of the skill
- Step 5. Model the skill; review with members
- Step 6. Have a group member role play*
- Step 7. Elicit and provide positive, then constructive feedback
- Step 8. Have the member role play again
- Step 9. Elicit and provide positive, then constructive feedback
- Step 10. Repeat role play again and elicit/provide positive feedback
- Step 11. Repeat Steps 6 – 10 with each group member.
- Step 12. Develop outside practice assignments

“(you should begin Step 6 about 15 minutes into a 50-minute group)