SST LEADER ROLES GUIDE: 2 VS. 1 TRAINED SST GROUP LEADERS

2 TRAINED SST LEADERS LEADING AN SST GROUP:

Typically switch off being Primary and Secondary leader from group to group. Secondary leader can help manage group emergencies and challenges so Primary Leader can implement the group session sequence. The list of tasks to be accomplished by each leader role in an SST session is noted below.

Roles of Primary and Secondary Leaders in SST Sessions

Welcome Group and Set Agenda: ***Primary***

Step 1. Review home assignments: ***Primary***

Step 2. Establish the importance of the skill: ***Primary; Secondary can briefly contribute as appropriate***

Step 3. Discuss the steps of the skill: ***Primary leads reading/discussion of steps; Secondary can briefly contribute as appropriate***

Step 4. Model the skill; review with group members: ***Primary demonstrates the skill and Secondary is role play buddy; Primary leads review of model***

Step 5. Have a group member role play: ***Primary assists Veteran in role play set up and makes sure the Veteran is clear on the plan; Secondary is role play buddy***

Step 6. Elicit and provide positive, then constructive feedback: ***Primary leads feedback including providing and eliciting feedback from group members; Secondary provides feedback as appropriate***

Step 7. Have the member role play again: ***Primary helps set up the role play and makes sure the Veteran is clear on the plan; Secondary is role play buddy***

Step 8. Elicit and provide positive, then constructive feedback: ***Primary leads feedback including providing and eliciting feedback from group members; Secondary provides feedback as appropriate***

Step 9. Role play for the 3rd time and elicit/provide *only* positive feedback: ***Primary helps set up the role play and makes sure the Veteran is clear on the plan; Secondary is role play buddy; Primary leads feedback including providing and eliciting feedback from group members; Secondary provides feedback as appropriate***

Step 10. Repeat Steps 5-9 with each group member: ***Same roles as in Steps 5-9***

Step 11. Develop home assignments: ***Primary***

1 TRAINED SST LEADER LEADING AN SST GROUP:

- Reminder that if you are the only trained SST leader leading the group, you might ask a staff member to be a Role Play Buddy (RPB). There is a separate SST Role Play Buddy Guide to help orient the staff member to this role.
- If you are leading the group alone without a staff member as a RPB, for Step 5 (Model the Skill), you might ask a group member to role play with you while you model the skill. Ideally, ask the group member before the group session starts so you can practice the model with them. For the remainder of group (Steps 5-11), you should both lead the group and be the RPB.
- SST Leader helps set up the role play and makes sure the group member and RPB is clear on the roles in the scenario and the plan before starting role plays.