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)