

**Guidelines for Skills Training**

1. **Participants who drop out of skills training are *not* out of skills training.**
2. The only way out is to miss four schedule sessions of skills training in a row and then members are out for the contracted period.
3. Each participant must be in ongoing individual therapy.
4. **Participants who join the skills training group support each other and:**
5. Keep the names of other participants and information obtained during sessions confidential.
6. Come to each group session on time and stay until the end, even if dysregulated. (Members will be coached to use skills)
7. Make every effort to do “deliberate practice” of skills and homework between sessions and bring the skills training binder to group.
8. Validate each other, avoid judging each other and assume the best about each other, and show respect by turning off the phone.
9. Give helpful, noncritical feedback when asked, remembering it is a teaching group, not a process group.
10. Are willing to accept help from a person if they ask or call for help.
11. **Participants who join the skills training group:**
12. Call ahead of time if they are going to be late or miss a session and are responsible for the material and homework missed.
13. Are responsible for payment until the end of the module plus the next two Transition groups regardless of attendance.
14. **Participants do not tempt others to engage in problem behaviors and:**
15. Clients are not to come to sessions under the influence of drugs or alcohol and need to act and appear clean and sober.
16. Clients are not to discuss, inside or outside sessions, current or past self-harm, or other problem behaviors that could be triggering to others.
17. **Clients may not form private/confidential relationships outside of skills training sessions while enrolled:**
18. Are not partners in risky behaviors, crime or drug abuse; No keeping secrets
19. Couples or family members cannot be in the same group together.

**Other guidelines for this group/notes:**

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