

Guidelines for Skills Training

- 1. Participants who drop out of skills training are *not* out of skills training.**
 - a. The only way out is to miss four scheduled sessions of skills training in a row, then members are discharged for the contracted period.
 - b. Each participant must be in ongoing individual therapy.

- 2. Participants who join the skills training group support each other and:**
 - a. Keep the names of other participants and information obtained during sessions confidential.
 - b. Come to each group session on time and stay until the end, even if dysregulated. (Members will be coached to use skills)
 - c. Make every effort to do “deliberate practice” of skills and homework between sessions and bring the skills training binder to group.
 - d. Validate each other, avoid judging each other and assume the best about each other, and show respect by turning off the phone.
 - e. Give helpful, noncritical feedback when asked, remembering it is a teaching group, not a process group.
 - f. Are willing to accept help from a person if they ask or call for help. Participants who join the skills training group support each other and:
 - g. Agree to be respectful and create a safe space for our multiple identities (i.e. racial, cultural, religious, sexual, gender, age, ability, faith, and many other dimensions).

- 3. Participants who join the skills training group:**
 - a. Call ahead of time if they are going to be late or miss a session and are responsible for the material and homework missed.
 - b. Are responsible for payment until the end of the module plus the next two Transition groups regardless of attendance.

- 4. Participants do not tempt others to engage in problem behaviors and:**
 - a. Clients are not to come to sessions under the influence of drugs or alcohol and need to act and appear clean and sober.
 - b. Clients are not to discuss, inside or outside sessions, current or past self-harm, or other problem behaviors that could be triggering to others.

- 5. Clients may not form private/confidential relationships outside of skills training sessions while enrolled:**
 - a. Are not partners in risky behaviors, crime or drug abuse; No keeping secrets
 - b. Couples or family members cannot be in the same group together.

If you experience or have any concerns around any of these guidelines, please talk to your group leader and/or individual therapist.