



## **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.
- 2. Participants who join the skills training group support each other and:**
  - a. Keep names of other participants and information obtained during sessions confidential.
  - b. Come to each group session on time and stay until the end.
  - c. Make every effort to practice skills between sessions.
  - d. Validate each other, avoid judging each other, and assume the best about each other.
  - e. Give helpful, noncritical feedback when asked.
  - f. Are willing to accept help from a person they ask or call for help.
- 3. Participants who join the skills training group:**
  - a. Call ahead of time if they are going to be late or miss a session.
- 4. Participants do not tempt others to engage in problem behaviors and:**
  - a. Do not come to sessions under the influence of drugs or alcohol.
  - b. If drugs or alcohol have already been used, come to sessions acting and appearing clean and sober.
  - c. Do not discuss, inside or outside sessions, current or past problem behaviors that could be contagious to others.
- 5. Participants do not form confidential relationships with each other outside of skills training sessions and:**
  - a. Do not start a sexual or a private relationship that cannot be discussed in group.
  - b. Are not partners in risky behaviors, crime, or drug use.

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

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### Skills Training Assumptions

**An assumption is a belief that cannot be proved,  
but we agree to abide by it anyway.**

**1. People are doing the best they can.**

All people at any given point in time are doing the best they can.

**2. People want to improve.**

The common characteristic of all people is that they want to improve their lives and be happy.

**3. People need to do better, try harder, and be more motivated to change.\***

The fact that people are doing the best they can, and want to do even better, does not mean that these things are enough to solve the problem.

**4. People may not have caused all of our own problems, but they have to solve them anyway.\*\***

People have to change their own behavioral responses and alter their environment for their life to change.

**5. New behavior has to be learned in all relevant contexts.**

New behavioral skills have to be practiced in the situations where the skills are needed, not just in the situation where the skills are first learned.

**6. All behaviors (actions, thoughts, emotions) are caused.**

There is always a cause or set of causes for our actions, thoughts, and emotions, even if we do not know what the causes are.

**7. Figuring out and changing the causes of behavior work better than judging and blaming.**

Judging and blaming are easier, but if we want to create change in the world, we have to change the chains of events that cause unwanted behaviors and events.

\*But trying harder and being more motivated may not be needed if progress is steady and at a realistic rate of improvement.

\*\*Parents and caregivers must assist children in this task.