



MML Formats for Facilitators:

Level 2: Five 2-Hour Evenings

CHMC suggests that facilitators present the MML skills according to the following schedule for Level 2 MML programs.

Level 2: Problem Solving Skills That Work!



Activity: **Leader's Guide Segment:**

SESSION 1:

7:00 - 7:20	Welcome, registration, introductions, housekeeping Review Level 1 Skill Use and Skill Guidelines	8
7:20 - 8:50	Problem Solving Skill - TEACH: Guideline 1 (5 mins) - DEMONSTRATE: Discussing a Problem (<i>Using the "I: form of Showing Understanding"</i>) (10 mins) - PRACTICE: Discussing a Problem (25 mins) - PROCESS: Discussing a Problem (5 mins) - TEACH: Guidelines 2 - 4 (15 mins) - DEMONSTRATE: Problem Solving (5 mins) - PRACTICE: Problem Solving (20 mins) - PROCESS: Problem Solving (5 mins)	8
8:50 - 9:00	PRACTICE: Partner Appreciations DISTRIBUTE: Homework ("Skill Take Out" or other)	9 7

SESSION 2:

7:00 - 7:10	PROCESS: Discuss skill use, homework	
7:10 - 7:25	**INTRODUCE GRADUATION EVENT	
7:25 - 8:10	Coaching Skill - TEACH: Guidelines, respect/disrespect (20 mins) - PRACTICE: Respect in Conflict, Trigger Words (20 mins) - PROCESS: Respect in Conflict, Trigger Words (5 mins)	5
8:10 - 8:55	TEACH: Assign Couple Dialogue – minor conflict topic - Partner #1 chooses topic (10 mins) PRACTICE: Couple Dialogue (30 mins) PROCESS: Couple Dialogue (5 mins)	
8:55 – 9:00	DISTRIBUTE: Homework assignment ("Skill Take Out" or other) and Graduation Invitations	7

NOTE: All timings are approximate.



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SESSION 3:

7:00 - 7:10	PROCESS: Discuss skill use, homework	
7:10 - 8:25	Self Change/Helping Others Change Skills	12
	- TEACH: Skill Guidelines (20 mins)	
	- PRACTICE: Green/Gold Stars (10 mins)	
	- TEACH: Assign Couple Dialogue - minor conflict – Partner #2 chooses topic (10 mins)	
	- PRACTICE: Couple Dialogue (30 mins)	
	- PROCESS: (5 mins)	
8:25 - 8:50	WXYZ (<i>optional, but recommended</i>)	11
	- TEACH: A Better Way to Talk about Complaints (10 mins)	
	- PRACTICE: Creating WXYZ messages from Expression Cards (10 mins)	
	- PROCESS: Creating WXYZ messages (5 mins)	
8:50 - 8:55	**GRADUATION EVENT:	
	- DEMONSTRATE: Using WXYZ to invite others to Graduation Event	
8:55 – 9:00	DISTRIBUTE: Homework assignment (“Skill Take Out” or other) and Graduation Invitations	7

SESSION 4:

7:00 - 7:10	PROCESS: Discuss skill use, homework	
7:10 - 8:00	Generalization Skill	15
	- TEACH: Guidelines, review WXYZ (20 mins)	
	- PRACTICE: Role-plays using RE skills (25 mins)	
	- PROCESS: Role-plays using RE skills (5 mins)	
8:00 - 8:55	Final Couple Dialogue	14
	-TEACH: Assign final Couple Dialogue on minor conflict topic (5 mins)	
	- PRACTICE: Couple Dialogue (40 mins)	
	- PROCESS: Couple Dialogue (10 mins)	
8:55 – 9:00	DISTRIBUTE: Homework assignment (“Skill Take Out” or other); Graduation Event reminder	7

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SESSION 5:

7:00 - 7:20

****GRADUATION EVENT**

Dessert, Sign-In

7:20 - 7:35

Welcome guests, introduce RE skills (MML, MMS, RFL)

7:35 - 8:00

Maintenance Skill

12

- TEACH: Maintenance Skill guidelines (10 mins)
- PRACTICE: Appreciations, with guests involved (10 mins)
- TEACH: Guests as accountability partners using "Fireproof" clip (5 mins)

8:00 - 8:20

Testimonies and Certificates

8:20 - 8:45

"SPLIT TIME"

- PARTICIPANTS: Outcome Evaluation Post Tests
- GUESTS: Information, Demonstrations, Q & A

8:45 - 9:00

Closing

- Invite guests to sign up for upcoming class
- Invite participants to become a Coach
- More dessert! 😊

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