



MML Formats for Facilitators:

Level 2: 8-Hour Day

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:
8:30 - 9:10	Welcome, registration, instructions, housekeeping Review Level 1 skill use and skill guidelines	8
9:10 - 10:00	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 (30 mins) - PROCESS: Discussing a Problem (5 mins)	8
10:00 - 10:15	BREAK	
10:15 - 11:15	Problem Solving Skill, continued - TEACH: Guidelines 2 - 4 (15 mins) - DEMONSTRATE: Problem Solving (5 mins) - PRACTICE: Problem Solving Dialogue (30 mins) - PROCESS: Problem Solving Dialogue (10 mins)	9
11:15 - 12:00	Coaching Skill - TEACH: Guidelines, respect/disrespect (20 mins) - PRACTICE: Respect in Conflict, Our Trigger Words (20 mins) - PROCESS: Respect in Conflict, Our Trigger Words (5 mins)	5
12:00 - 12:30	LUNCH	
12:30 - 2:00	Self Change/Helping Others Change Skills - TEACH: Skill Guidelines (20 mins) - PRACTICE: Green/Gold Stars (Reminders/Reinforcements) (10 mins) - TEACH: Assign Couple Dialogue - minor conflict topic - Partner #1 chooses topic (10 mins) - PRACTICE: Couple Dialogue (40 mins) - PROCESS: (10 mins)	12 10

NOTE: All timings are approximate.



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2:00 - 2:30	<i>WXYZ (optional, but recommended)</i> - TEACH: A Better Way to Talk about Complaints (15 mins) - PRACTICE: Creating WXYZ messages from Expression Cards (10 mins) - PROCESS: Creating WXYZ messages (5 mins)	11
2:30 - 2:45	BREAK	
2:45 - 3:35	Generalization Skill - TEACH: Guidelines, review WXYZ (20 mins) - PRACTICE: Role-plays using RE skills (25 mins) - PROCESS: Role-plays using RE skills (5 mins)	15
3:35 - 4:20	Final Couple Dialogue - TEACH: Assign Couple Dialogue - minor conflict topic - Partner #2 chooses topic (5 mins) - PRACTICE: Couple Dialogue – minor conflict – partner #2 chooses (35 mins) - PROCESS: Couple Dialogue (5 mins)	
4:20 - 5:00	Maintenance Skill - TEACH: Maintenance Skill Guidelines (15 mins) - PRACTICE: Maintenance Plan Dialogue (15 mins) - PROCESS: Maintenance Plan Dialogue (5 mins)	12
4:55 - 5:30	Closing - PRACTICE: Partner Appreciations (10 mins) - Testimonies and Certificates (25 mins)	

NOTE: All timings are approximate.