



hopefully enrich your reading experience. The book is divided into eight chapters. In the first three chapters we present a discussion of the benefits of group counseling, what the SOS model includes, and how to successfully use SOS group leadership skills. In Chapters 4 through 6 we describe the practical aspects of establishing groups in schools, how to get kids ready to participate in your SOS groups, and what the sessions look like when the model is implemented. Chapter 7 comes complete with scripts and detailed plans for the sessions and will enable you to facilitate the six-session unit. Chapter 8 includes group activities and reproducibles in the six content areas for primary, intermediate, and secondary levels. There are three levels of activities of increasing difficulty in each age group—for a total of fifty-four group activities—to provide the foundation for the psychoeducational portion of each group session. Additionally, the reproducibles are available on the enclosed CD-ROM.

There is a critical need for kids in schools to receive excellent counseling to assist them in meeting their challenges. Counselors are continually disheartened by the difficulties in reaching all of the students in their care. The SOS model offers hope for counselors and kids. Counselors are provided with a carefully defined program that offers students the benefits of group work and the opportunity to learn new skills, to find their own solutions and meet their goals, and to leave the group with a stronger sense of self. We began this project with enthusiasm, and this enthusiasm has carried us through with the belief that we are offering you and the kids you work with an innovative and energizing approach to group work. We wish you a fulfilling future of SOS groups!

*Patricia Tollison, PhD*

*Katherine Synatschk, PhD, LPC*

© copyrighted material by PRO-ED, INC.