TABLE 5.2. Ways to Bring Different Members and Topics into Group Discussions

Group focus	Leaders' comments
Look for commonalities in the discussion.	• *"Who else has had that kind of experience?"* • *"Who else has similar feelings?"* • *"Who else feels the same way as Mary?"*
Include more group members in the discussion.	• *"What does the group think are some reasons why someone might decide to drink or use drugs after being abstinent for several months?"*
Invite all members to comment (used with homework exercises).	• *"What stood out about the decisional balance exercise that each of you completed for this session?"*
Elicit supportive statements from the group about other members' changes.	• *"It sounds like several members have made big changes in their substance use since last week. How does the group feel about these changes?"*
Address an issue raised by one member and invite others to comment.	• *"It sounds like Bill is ambivalent about not using cocaine. How have others dealt with similar feelings?"*
Get other members to provide additional suggestions.	• *"Okay, so Bill has provided one suggestion for how Mary might handle her difficulties with her daughter. What other options can the group think of to help Mary?"*
Get all members to comment on a particular topic.	• *"How would each of your lives be different six months from now if you stopped using alcohol and drugs?"*
Invite others to provide alternative responses to one member's harsh response.	• *"Mary, that is one way of looking at what has happened to Bill. What are some other ways of looking at what happened with Bill?"*
Address an uncomfortable interaction and invite others to comment.	• *"I am getting the sense that others seem to be uncomfortable with what has just happened."*
Address tension that has arisen between group members; group leaders call a time-out to process what has happened.	• *"It sounds like a lot is happening, and I want to call a 'time-out.' We can come back to the topic later, but let's look at what is happening in the group right now."*
Address a sensitive issue raised by a member and invite others to comment.	• *"Mary has revealed some very personal things about herself. That must have been difficult. How do others in the group feel about what Mary just shared?"*
Acknowledge members' nonverbal responses and invite them to translate nonverbal responses into verbal responses.	• *"I noticed when Mary discussed her difficulties with her husband, that many of you were nodding in agreement. What do the head nods mean?"*

identified and group members are given an opportunity to provide support for or critiques of other members' behaviors. Except for structured group activities (e.g., homework assignments), it is not necessary to have all members participate in every round-robin discussion. All members should, however, participate in each group session. What builds group cohesion is not the amount of time that a member participates but, rather, getting everyone actively participating.

Round-robin discussions begin with the group leaders introducing a topic and then opening up the discussion to the group members. If no one initially comments, the group leaders can ask the entire group who would like to start the discussion, or the leaders can ask a specific