

Sample Scope and Sequence for Clinic Based Group
Unstuck and On Target group, 11-15

Session	Topics & Focus (covered in 90-minute groups)	
Week 1	Intro to Neurodiversity and Executive Functioning Topic 1.1 - Flexible Thinking;	Parent Group #1 (week 1) Orientation and group goals
Week 2	Topic 1.2 - Plan A/B = More Power Topic 1.3 Increasing Your power to help yourself and the world	
Week 3	Topic 1.4 & 1.5: Coping to get Unstuck; Flexible Thinking – Accepting and Letting Go	
Week 4	Topic 2.1 & 2.2: Compromising Skills	
Week 5	Topic 2.4 Planning an event using group skills	Parent Group #2 (~week 5)
Week 6	Topic 2.5 Trying out the plan – Special Event #1 (using Power to get what you want and need)	Review of Topics 1-2, planning to support special event #1
Week 7	Topic 3.1 Getting and Staying excited about a future goal	
Week 8	Topic 3.2 & 3.3 Efficient Planning: Staying focused and watching the clock	
Week 9	Topic 3.4 Putting it all together ; Topic 3.5 Following the Plan for the Long –Term event (using Power to make the world better)	Parent Group #3 (~week 10)
Week 10	Review + Introduction to Unit 4 material : Identifying a Personal goal End of group celebration	Review of topic 3 and previewing unit 4, supporting personal goals
+ Optional 1:1 family consultations after group to discuss personal plans and follow up care recommendations		