

FREQUENTLY ASKED QUESTIONS for Please Stop the Rollercoaster!

How do I know whether we should offer the facilitated version, or the self-led version of the *Please Stop the Rollercoaster!* program?

Participants usually self-select the model that feels most comfortable to them; they usually have a clear sense about whether they would prefer to have a facilitator lead the meetings, or if they prefer to have it led by the group members themselves. When someone is going to offer the program across an entire community or school, I have found that it works well to offer both formats. That way people see they have a choice, and they will gravitate to the model that they prefer.

How many people should be in a discussion group?

While there is no wrong way to do this, a good number is 6 – 10. The goal is to have a group large enough that you'll have lively discussions and various points of view, and yet small enough that everyone has a chance to speak up and be heard.

How often do you recommend groups meet?

The ideal is about every two weeks. I do not recommend monthly meetings because it's too easy to lose momentum; weekly can get pretty intense because there is a great deal of content to absorb.

Do men do this program?

Absolutely! We've had many dads in the program. Sometimes couples will participate together.

We can't do 8 sessions – people are too busy. What do you recommend for a shorter time commitment?

If you can't do the full 8-meeting program, you could have an effective program in six meetings by eliminating discussion of chapter 5 and combining the discussion for chapters 7 and 8. You could even do it in less than 6 meetings, but understand that the program is developmental...parents grow and develop as they experience the reading and participate in the discussions. The shorter you make the program, the less opportunity the participants have to learn together and develop friendships with one another. That said, it's better to run a shortened program than no program at all!

How can I become a Facilitator for a discussion group?

At the present time we don't certify discussion leaders because the program has been designed so that anyone can run it on their own if they choose. However, many leaders like to take advantage of the facilitator training we offer so they can walk through the curriculum and be coached in regards to meeting and group dynamics as well as facilitation techniques. I offer training in an on-site Train-the-Trainer, and I offer training by tele-seminar in two 2-hour sessions. This is offered on an as-needed basis, so if you are interested send me an email at Sue@SueBlaney.com

What tools are available for Facilitators?

The Leader's Guides* provide comprehensive step-by-step instructions that any leader can use. The Leader's Guides work in conjunction with the book *Please Stop the*

Rollercoaster! Instructions are provided for facilitating each two-hour meeting; the meeting instructions are flexible so to allow for individual group needs and interests.

Are there any options besides putting together a discussion group?

Many people find *Please Stop the Rollercoaster!* to be a valuable book to read on its own, without a formal discussion group. Couples can use the text to initiate valuable discussion; additionally some people read the book with a friend or walking buddy and gain value from the discussions and reading.

ALSO Changeworks will also be offering discussion groups by telephone and internet in the fall of 2008. Watch our website and be sure you're on our newsletter mailing list so you will be alerted to this opportunity.

*We offer a secular Leader's Guide, as well as a Christian Leader's Guide and a Jewish Leader's Guide.