

IMR Session Structure

	Individual Session	Group Session
✓ Informally socialize and identify any major problems	1-3 minutes	1-3 minutes
✓ Review previous sessions	1-3 minutes	1-3 minutes
✓ Review homework	3-5 minutes	5-10 minutes
✓ Follow up on goals	1-3 minutes	5-10 minutes
✓ Set agenda for current session	1-2 minutes	1-2 minutes
✓ Teach new material or review previously taught material	30-40 minutes	20-25 minutes
✓ Agree on new homework assignment	3-5 minutes	5-10 minutes
✓ Summarize progress made in current session	3-5 minutes	3-5 minutes