

SESSION STRUCTURE

PART A: IDENTIFYING YOUR FRUSTRATIONS

Check In

Goals

- Build the relationship
- Prepare for the session by checking for crises (“clearing the fog”)
- Assess recent youth behavior

Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

Review – Not Applicable

Intervention

Goal

- Identify sources of frustration with child

Activities

- Identify what makes caregiver frustrated
- Identify how frustration is expressed
- Identify how youth responds to the frustration

Assignment

Goals

- Assess what frustrates caregiver
- Assess how child responds to frustration expressed by caregiver

Activity

- Give assignment to track frustration

DURATION
15 MINUTES

Check-in: 4 Minutes

Review: 0 Minutes

Intervention: 10 Minutes

Assignment: 1 Minute