

SESSION STRUCTURE

PART A: WHY DOES MY CHILD SOMETIMES ACT DISRESPECTFULLY?

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

- Understand how adolescent brain development impacts respect
- Understand the features that make up respectful and disrespectful attitudes and behaviors

Activity

- Identify which features of respect and disrespect are most important to the caregiver

Assignment

Goal

- Understand that most of us acted disrespectfully as an adolescent and that it is a normal part of development

Activity

- Recall times caregivers (or friends of caregivers) acted disrespectfully as an adolescent

DURATION
25 MINUTES

Check-in: 4 Minutes

Review: 0 Minutes

Intervention: 20 Minutes

Assignment: 1 Minute

Note: it may take 2 or more sessions to cover the material depending on family circumstances