

SESSION STRUCTURE

PART A: STAGES OF CHANGE

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 the stages of change and child’s likely stage for certain behaviors

Activities

- Identify child’s areas in need of motivation and stages of change
- Identify possible reasons for the lack of motivation

Assignment

Goal

- Understand child’s point of view around their stage of change for certain behaviors

Activity

- Assess stages of change with the youth

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

**DURATION 30-40
MINUTES**

Check-in: 4 Minutes

Review: 0 Minutes

**Intervention: 20-30
Minutes**

Assignment: 6 Minutes