

# SESSION STRUCTURE

## PART B: REWARDING GOOD BEHAVIOR

### 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

#### Goals

- Ensure assignment was completed
- Check for learning retention

#### Activities

- Review lessons from Part A of the workbook
- Review the most recent assignment where caregiver applied the five-step process to changing household rules

### Intervention

#### Goals

- Learn and apply effective rewards

#### Activities

- Assess how caregiver gives rewards
- Apply the three-step process for establishing rewards with child

### Assignment

#### Goals

- Apply a reward system with child

#### Activity

- Give assignment to establish rewards using the three-step process and keep track of how well it worked

**DURATION**  
**25 MINUTES**

**Check-in: 4 Minutes**

**Review: 5 Minutes**

**Intervention: 15 Minutes**

**Assignment: 1 Minute**