

# SESSION STRUCTURE

## PART C: HOW ARE WE DOING?

### 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 B of the workbook
- Review the assignment about past respectful or disrespectful behavior in the home

### Intervention

#### Goal

- Understand the importance of modeling respect for the youth and developing a plan to get respect back (if it was lost)

#### Activity

- Practice the steps to getting respect back

### Assignment

#### Goal

- To restore lost respect (or alternative goal)

#### Activity

- Have a discussion with youth on getting respect back in the family (or alternative activity)

**DURATION**  
**35 MINUTES**

**Check-in: 4 Minutes**

**Review: 5 Minutes**

**Intervention: 25 Minutes**

**Assignment: 1 Minute**

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