

SESSION STRUCTURE

PART C: DEALING WITH OUR EXPECTATIONS

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 what caregiver learned about youth’s motivation drivers

Intervention

Goals

- Learn about caregiver expectations around youth motivation and what is most important
- Understand change as an exhaustible resource

Activities

- List areas of desired change and importance
- List examples when change efforts exhausted caregiver and youth

Assignment

Goal

- Develop a plan to have a discussion with youth

Activity

- Identify two change items to discuss with youth at future date

DURATION
30-40 MINUTES

Check-in: 4 Minutes

Review: 5 Minutes

**Intervention: 20-30
Minutes**

Assignment: 1 Minute

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