SESSION STRUCTURE

PART C: DEALING WITH OUR EXPECTATIONS

☐ Check In
Goal
- 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
Goal
- 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
Goal
- 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