SESSION STRUCTURE

PART D: THE ROLE OF LISTENING IN RESPECT

☐ 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 C of the workbook
- Review the discussion with youth on restoring respect (or alternative assignment)

☐ Intervention

Goal
- Learn effective listening skills that increase youth’s sense of being heard

Activity
- Learn the ways that lead to better listening and apply them to scenarios

☐ Assignment

Goal
- Develop a plan to increase respect in the home going forward

Activity
- Develop and implement a 4-step plan to have a conversation with youth on how to increase respect in the home

DURATION

40 MINUTES

Check-in: 4 Minutes

Review: 8 Minutes

Intervention: 22 Minutes

Assignment: 6 Minutes

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