

SESSION STRUCTURE

PART D: STRATEGIES TO INCREASE MOTIVATION

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 two areas the caregiver hopes the youth will be motivated to change

Intervention

Goals

- Learn 7 strategies to increase motivation
- Learn additional motivation tips

Activity

- Identifying the strategy(ies) that might be most effective for desired youth change

Assignment

Goal

- Develop a plan to increase youth motivation

Activity

- Develop and apply a plan to increase motivation for the two areas of greatest need for youth change

DURATION

45 MINUTES

Check-in: 4 Minutes

Review: 5 Minutes

Intervention: 35 Minutes

Assignment: 1 Minute

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