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*