SESSION STRUCTURE

PART A: IDENTIFYING YOUR FRUSTRATIONS

☐ 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 – Not Applicable

☐ Intervention
  Goal
  ☐ Identify sources of frustration with child

  Activities
  ☐ Identify what makes caregiver frustrated
  ☐ Identify how frustration is expressed
  ☐ Identify how youth responds to the frustration

☐ Assignment
  Goals
  ☐ Assess what frustrates caregiver
  ☐ Assess how child responds to frustration expressed by caregiver

  Activity
  ☐ Give assignment to track frustration

DURATION
15 MINUTES

Check-in: 4 Minutes

Review: 0 Minutes

Intervention: 10 Minutes

Assignment: 1 Minute