SESSION STRUCTURE

PART B: COPING WITH 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
  Goals
  ☐ Ensure assignment was completed
  ☐ Check for learning retention
  Activities
  ☐ Review lessons from Part A of the workbook
  ☐ Review the most recent assignment where caregiver tracks frustration and youth response to frustration

☐ Intervention
  Goals
  ☐ Learn new coping mechanisms
  Activities
  ☐ Identify possible coping mechanisms
  ☐ Determine caregiver willingness to use new coping mechanisms

☐ Assignment
  Goals
  ☐ Apply the new coping mechanisms
  Activity
  ☐ Give assignment to adopt coping mechanism and keep track of how well it worked

DURATION
20 MINUTES

Check-in: 4 Minutes

Review: 5 Minutes

Intervention: 10 Minutes

Assignment: 1 Minute