SESSION STRUCTURE

PART B: REWARDING GOOD BEHAVIOR

☐ 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 applied the five-step process to changing household rules

☐ Intervention
  Goals
  - Learn and apply effective rewards

  Activities
  - Assess how caregiver gives rewards
  - Apply the three-step process for establishing rewards with child

☐ Assignment
  Goals
  - Apply a reward system with child

  Activity
  - Give assignment to establish rewards using the three-step process and keep track of how well it worked

DURATION
25 MINUTES

Check-in: 4 Minutes

Review: 5 Minutes

Intervention: 15 Minutes

Assignment: 1 Minute