SESSION STRUCTURE

PART C: REDUCING 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 B of the workbook
    - Review what the caregiver learned when using the two coping techniques

- **Intervention**
  - **Goals**
    - Learn new coping mechanisms
  - **Activities**
    - Learn the three techniques of reducing frustration (strengths, past successes, and brain science)

- **Assignment**
  - **Goals**
    - Apply the new frustration reduction mechanisms
  - **Activity**
    - Give assignment to apply the three techniques of reducing frustration and keep track of how well it worked

**DURATION**

25 MINUTES

- **Check-in:** 4 Minutes
- **Review:** 5 Minutes
- **Intervention:** 15 Minutes
- **Assignment:** 1 Minute