SESSION STRUCTURE

PART D: SOLUTIONS

- **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 most recent assignment where caregiver tracks frustration reduction technique that worked best (strengths, what worked in past, or brain science)

- **Intervention**
  - **Goals**
    - Learn how to change self talk
  - **Activities**
    - Recognize self talk when frustrated
    - Learn and practice alternative thoughts that reduce frustration

- **Assignment**
  - **Goals**
    - Apply new self talk techniques
  - **Activity**
    - Give assignment to put alternative thinking into practice

**DURATION**

**25 MINUTES**

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