

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

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

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

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