The PLL Model

Motivational Interviewing:
Getting the Family Ready for Change

- Motivational Phone Interview
- Motivational Face to Face Intake
- Remove Obstacles to Attend Intake
- Test the Waters to Bring in Village

No → **Treatment ends before it begins**

Yes

PLL Group #1
Overview of Core Missing Skills & Venting
Overall Goals – Continue to Increase Motivation and Movement to Contemplation

PLL Group #2
Button Pushing & Button Buster Techniques
Overall Goals – Teach How Button Pushing is a Feedback Loop & Give Concrete Tools to Stop It

PLL Group #3
Why Contracts Fail, Ironclad Rules, Outsiders
Overall Goals – Teach Why Current Contracts Fail, How to Make Concrete Rules & Engage Outsiders

PLL Group #4
How to Build an Ironclad Contract & PPR
Overall Goals – Use Inner/Outer Circle to Show How to Create an Ironclad Contract and Surprise Parents with a Positive Parent Report (PPR) from Teens

PLL Group #5
The 7 Aces, Practice Contract Delivery & PTR
Overall Goals – Creative Consequences to Battle the 7 Aces, Inner/Outer Circle to Practice Delivering Rewards & Consequences & Positive Teen Report (PTR)

PLL Group #6
Rebuilding Lost Nurturance
Overall Goals – Stages Leading to Lost Nurturance, the Houseplant Exercise, 5 Toxins that Destroy Nurturance and 7 Strategies to Restore Lost Nurturance

No Coaching

Coaching Phase I
Setting the Terms of Therapy

- Social and Strength Stage
- Complete Stress/Symptom Chart
- Tree and Seed Discussion Using Survival Guide
- Client/Family Makes Seed and Symptom Picks
- Therapist Makes Seed and Symptom Picks
- Negotiate Necessary Bus Picks
- Battle for Structure Won or Lost
- Homework Given – Read Step 2 of Survival Guide

Pre-Session Preparation for Phase II *– Pick Top 3 Undercurrents Matching Seed Pick & Determine Strategic Interventions for Undercurrents; Draw out before & after Feedback Loops; Retrieve Teen's Rewards from Group #3 & Prepare Rough Draft of Contract* ***(& Aftercare Plan for Reentry****)*

Coaching Phase II
Feedback Loops and Drafting the First Contract

- Present "Before" and "After" Feedback Loops
- Connect Feedback Loops to Seed/Tree Diagram
- Dismiss Youth and Present Contract Rough Draft
- Use Survival Guide to Put Together Contract
- Optional Use of PTR's to Do Emotional Warm-ups

Pre-Session Preparation for Phase III *– Add to contract Parent/Village Roles & Protective Factors; Prepare Countermoves Checklist for Storyboarding Contract*

Coaching Phase III
Troubleshooting & Dress Rehearsals

- Present Typewritten Contract to Parents Only
- Troubleshoot Contract and Write Out Plan B's
- Use Storyboard to Identify Common Curve Balls
- Dress Rehearsal Delivery of Contract
- If Parent "Battle Ready" Bring in Youth and Deliver

Pre-Session Preparation for Phase IV *– Rough Draft Red Flags Checklist, Laminate Documents to Present to Family*

Coaching Phase IV
Evaluate Progress, Relapse Prevention & Next Steps

- Scaling to Review How Contract Is Working
- Mini Scales to Consolidate Changes
- Review Decision Tree for Next Steps
- Relapse Prevention Checklist and 30-day Callbacks
- Play "Skills Seek" to Generalize Skill Sets

Family Has Received Full Dosage of PLL and Met Program Completion Criteria

Yes → **Treatment Ends with Call Backs & "Tune-ups" if Needed**

No → **Additional Coaching And/or Wound Work (Reentry: Wound Work may be done before Phase 4)**