

COACHING

PLL

HANDBOOK for therapists

family:

Based on:
"Undercurrent Therapy"
Scott P. Sells, PH.D
Editing B. van Dongen, De Waag, The Netherlands

Parenting with Love and Limits®
Family Therapy

SEND THIS PAGE TO PLL SUPERVISOR

PLL Supervisor: Ellen Souder

Date faxed: _____

Supervisor Fax: 866-811-8010

PLL Counselor: _____

PLL Program Site: _____

Client number: _____

Date form completed: _____

Date of Admission: _____

Number of coaching sessions completed: _____

First: Please fill out the following supervision form completely concerning your current assessment of the client and family.

Topics I Request Attention for in Supervision (after completing the following supervision form):

PRE-SESSION PREPARATION ONE

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Fidelity Check – Pre-session Preparation for Coaching #1

- | | | |
|--|-----|----|
| • Did you make the pre-session Motivational Phone Call? | Yes | No |
| • Did you conduct the “Hooking the Family” Intake Interview before the 1st group? | Yes | No |
| • Did you show the Grid and obtain signatures on the Graduation & Participation Agreement? | Yes | No |
| • Did you schedule all the coaching sessions (4/6/8) before the 1st group? | Yes | No |
| • Did you personally call each important village member to invite to the 1st session? | Yes | No |
| • If a probation referral, did you conduct the motivational PLL interview with the family and PO together? | Yes | No |

THE VILLAGE

- Which important village members attended the first coaching session?
 - Ex-spouse
 - Extended family
 - Friends
 - Neighbors
 - Co-workers
 - Teen’s friends
 - Others

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1. Stress Chart

Scale the Top Three Stressors (Symptoms)

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
<u>.....'s Top 3 Stressors That Causes</u>						<u>.....'s Top 3 Stressors That Causes</u>					
<u>% Stress</u>						<u>% Stress</u>					
#1						#1					
.....										
.....										
#2						#2					
.....										
.....										
#3						#3					
.....										
.....										
<u>.....'s Top 3 Stressors That Causes</u>						<u>.....'s Top 3 Stressors That Causes</u>					
<u>% Stress</u>						<u>% Stress</u>					
#1						#1					
.....										
.....										
#2						#2					
.....										
.....										
#3						#3					
.....										
.....										

Fidelity Check – Stress Chart

• Did you get everyone’s stressors?	Yes	No
• Did you convert stressors to major categories when applicable?	Yes	No
• Did you help the family identify stress reductions for each stressor?	Yes	No
• Did you go over possible safety stressors with Survival Kit (p. 22)?	Yes	No

2. Draw the Tree and Seed Diagram and Connect to Stressors

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Stress Chart

Jeremy	Mom
X	X

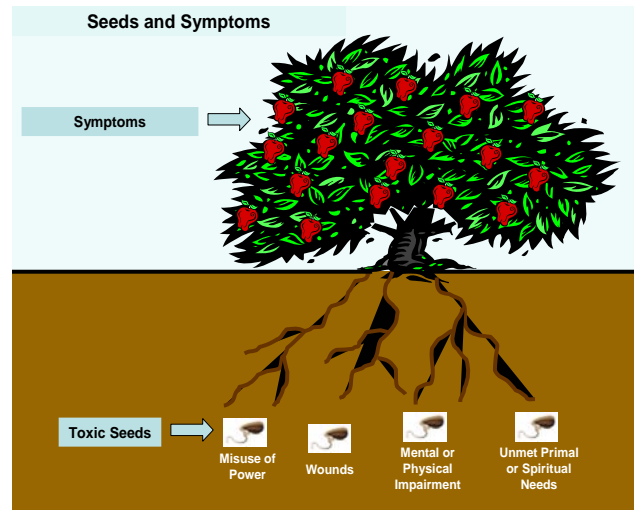
0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Mom's Top Three Stressors That Cause her 95%

- #1 "My husband and I disagree" 40%
- #2 "Won't do chores or homework" 50%
- #3 "Looks sad all the time" 25%

Jeremy's Top Three Stressors

- #1 Yelling with his Aunt and Uncle
- #2 "Won't give me my freedom"
- #3 "Upset with school, with everything"



Fidelity Check – Tree Diagram

- | | | |
|---|-----|----|
| 1. Did you use a transition statement to explain the purpose for the tree diagram? | Yes | No |
| 2. Did you connect the apples to the stressors/symptoms with arrows? | Yes | No |
| 3. Did you explain all four seeds with the Seed Definition Worksheet? | Yes | No |
| 4. Did you use the Survival Kit (pp.2-20) to expand the Drunk with Power Seed? | Yes | No |
| 5. (Optional) Did you use film clips to further illustrate any of the seeds? | Yes | No |
| 6. After each seed explanation, did you ask them to check the box "yes" if any of their symptoms are being caused by that seed? | Yes | No |

What Seeds Cause the Stressors or Symptoms?

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Fidelity Check – Identification of Seeds

- | | | |
|---|-----|----|
| • Did you list everyone's seed vote on the flipchart next to the tree? | Yes | No |
| • Did everyone give one reason for their seed pick? | Yes | No |
| • Did you cut them off to prevent them from going too deep? | Yes | No |
| • If they listed wounds, did you write their specific wounds on the flip chart? | Yes | No |
| • (Wound work only) If wounds, did you use the Arrow Analogy? | Yes | No |

Misuse of Power	Wounds	Mental or Physical Impairment	Unmet Primal or Spiritual Needs

Negotiate Terms for Coaching: Client Picks Which Two Symptoms Should be in the Contract. Also, include other family members' picks

Fidelity Check – Symptom Pick

- | | | |
|--|-----|----|
| • Did you create a "laundry list" of symptoms using the major categories? | Yes | No |
| • Did you go to the teen first/parent second and have them vote on easiest/most important symptom to remove? | Yes | No |
| • Did you list their vote next to the symptom on the flip chart? | Yes | No |

1. Which symptom is easiest to remove?

2. Which symptom is most important?

1.

2.

Setting the Terms for Therapy – Therapist's top two seed picks with reasons and top two symptoms

Fidelity Check – The Battle For Structure

- | | | |
|---|-----|----|
| • Did you list your seed picks with convincing rationale? | Yes | No |
| • (If needed) Did you connect the Drunk with Power Seed to how it will heal wounds? | Yes | No |

Therapist's Seed Pick #1 =

Therapist's Seed Pick #2 =

Fidelity Check – The Battle For Structure

- | | | |
|---|-----|----|
| • Did you list the easiest symptom to remove first on the flip chart? | Yes | No |
| • Did you give convincing rationale for your symptom pick? | Yes | No |
| • Did you win the battle for structure with your seed and symptom pick? | Yes | No |

Therapist's Symptom Pick #1

Therapist's Symptom Pick #2

Your Bus Picks – Present your "Bus Picks" in conjunction with the stressor and seed package

Fidelity Check – Bus Picks

- | | | |
|--|-----|----|
| • Did you clearly explain the purpose of bus picks in solving the problem? | Yes | No |
| • Did you win the Battle for Structure on the bus picks? | Yes | No |
| • Did you get permission to call the bus picks? (i.e. informed consent) | Yes | No |

Bus Picks:

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Phase I. Decide which undercurrent you will address first

Indicate the top two undercurrents that relate specifically to the symptom pick **you negotiated with the family to work on first at the end of the first coaching session**. These two undercurrents (unhealthy and corresponding healthy) will then be reflected on the feedback loops as well as the contract.

Fidelity Check – Undercurrents		
• Did you check the undercurrents that correspond with your seed pick?	Yes	No
• Did you narrow it down to the top 2 or 3 undercurrents?	Yes	No

Misuse of Power

- Empty threats – **No empty threats**
- Caustic Communication – **Soft Talk, Calm Voice, Praise/Appreciation**
- Lack of Consistent Discipline – **Consistent Discipline**
- Role Confusion – **Role Clarity**
- Lack of Consistent Nurturance – **Unconditional Love, Consistent Nurturance**
- Dance of Violence – **De-escalation Tactics, Playfulness, Safety.**
- Boundary Violations - **Creation of Boundaries**
- Different Parent or Marital Philosophies – **Same Philosophies or Work Together**
- Lack of a Support Village – **Mobilize or Create a Village**

Unhealed Wounds

- Unresolved Grief or Loss – **Grief Education and Resolution**
- Betrayal or Abandonment – **Security, Forgiveness, Unconditional Love**
- Family Secrets – **Reveal Secrets/Safety**
- Physical or Mental Abuse – **Support, Courage to Leave, Forgive**
- Lack of Forgiveness/Bitterness – **Forgiveness**
- Lack of Consistent Nurturance – **Unconditional Love, Consistent Nurturance**
- High Anxiety – **Safety or Security**
- High Stress – **Relaxation or Diversionary Tactics**

Physical or Mental Impairment

- Drawn Out Medical Illness – **Education, Support, Stress Management**
- Someone Seen As Patient/Mental Case – **Normality and Accountability**
- Chemical Imbalance – **Psychotropic Medications**
- Brain or Mental Impairment – **Consistent Structure, Education, Support**
- Lack of Forgiveness/Resentment - **Forgiveness**
- Lack of Consistent Nurturance – **Unconditional Love, Consistent Nurturance**

Unmet Primal Needs

- Maslow's Unmet Hierarchy of Needs – **Fill in "Missing" Maslow Need**
- Lack of Attachment or Bonding – **Attachment Bonds**
- Lack of Forgiveness/resentment – **Forgiveness, Prayer**
- Lack of Connection to God or Higher Power – **Connecting to God or Higher Power**
- Mind, Body and Spirit Unbalanced – **Restoring Balance**

PRE-SESSION PREPARATION BEFORE COACHING TWO

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Phase II. Draw the Feedback Loops Around the Symptom You Selected in First Session

Fidelity Check – Feedback Loops

- | | | |
|---|-----|----|
| • Are your unhealthy/healthy undercurrents clearly labeled on the feedback loops? | Yes | No |
| • Does your sample contract match up with your feedback loops? | Yes | No |

Symptom 1.....: **BEFORE FEEDBACK LOOP**

Write Down the unhealthy undercurrents:

Symptom 1.....:
After Feedback Loop with Reward

Write Down the healthy undercurrents

Symptom 1.....:
After Feedback Loop with Consequence

Write Down the healthy undercurrents

PRE-SESSION PREPARATION BEFORE COACHING TWO:

Choose Your Strategic Technique/Intervention

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Phase III Strategic Interventions

Based on the **top two** unhealthy undercurrents you selected which of the following strategic interventions below would you pick to inject the anti-venom or healthy undercurrent in your family? – *Please note: These interventions must be a part of your behavioral contract or wound workbook if you are qualified to do PLL Extended Care.*

Recommended Techniques to Heal “Drunk with Power” Seeds	
Healthy Undercurrents (in Bold)	Recommended Techniques to Inject New Undercurrent
(Empty Threats/Lack of Consistent Discipline) • No Empty Threats/Consistency	<input type="checkbox"/> Episodes from <i>Super Nanny</i> <input type="checkbox"/> Behavioral Contracting- PYOCT-pp.29-79
(Caustic Communication) • Supportive Communication	<input type="checkbox"/> Behavioral Contracting- PYOCT-pp.29-79 <input type="checkbox"/> Positive Teen (PTR) or Parent Report (PPR)- PYOCT-p.60 <input type="checkbox"/> Being Playful and Unpredictable- PYOTC- pp.232-233 <input type="checkbox"/> Exit and Wait- PYOCT-pp.99-107 <input type="checkbox"/> Short and to the Point & Reflectors- PYOCT-pp.107-110 <input type="checkbox"/> Creating Soft Talk- PYOCT-pp.324-327
(Role Confusion/Boundary Violations/Unclear Hierarchy) • Role Clarity/Clear Boundaries/Correct Hierarchy-	<input type="checkbox"/> Contracting: Parents Roles Clarified- See Sample Contracts <input type="checkbox"/> Sculpting
(Lack of Consistent Nurturance) • Restoration of Consistent Nurturance	<input type="checkbox"/> Special Outings- PYOCT-pp.301-306 <input type="checkbox"/> Positive Teen (PTR) or Parent Report (PPR)- PYOCT-p.60 <input type="checkbox"/> Use of Hugs- PYOCT-pp.313-317 <input type="checkbox"/> Restore Good Feelings- PYOCT-pp.318-319 <input type="checkbox"/> A Trust Bank Account for the Teen- PYOCT-pp.319-324 <input type="checkbox"/> Dramatic Movie Clips
(Dance of Violence) • Peace/Playfulness and Firm Boundaries	<input type="checkbox"/> Education: 5 Levels of Teen Aggression- PYOCT-pp.221-228 <input type="checkbox"/> Call a Nonviolent Town Meeting- PYOCT-pp.228-232 <input type="checkbox"/> Co-Written Anti-Violence Contract with Teen- PYOCT-234-236 <input type="checkbox"/> Exit and Wait- PYOCT-pp.99-107 <input type="checkbox"/> Non-Aggression Contracts- See Sample Contracts <input type="checkbox"/> Being Playful and Unpredictable- PYOTC- pp.232-233 <input type="checkbox"/> Video or Audio Tape Playback
(Boundary Violations) • Creation of Clear Boundaries	<input type="checkbox"/> Clarity of Parental and Village Roles- See Sample Contracts
(Different Parent Philosophies)) • Get the Adults on the Same Page	<input type="checkbox"/> Glass is Half Empty or Half Full- PYOCT- pp.20-28 <input type="checkbox"/> Point out Differences in Feedback Loops
(Lack of a Support Village) • Mobilize the Village with Clear Roles	<input type="checkbox"/> Modify Non-Violent Town Meeting- PYOCT- pp.228-232 <input type="checkbox"/> Contracting: Village Role Clarified- Survival Kit- pp.110-120

Fidelity Check – Drunk with Power Seed Interventions

- | | | |
|---|-----|----|
| • Did you read the PYOCT pages or sample contract based on technique(s) selected? | Yes | No |
| • Did you clearly inject or place the technique into your sample behavioral contract? | Yes | No |

PRE-SESSION PREPARATION BEFORE COACHING TWO:

Choose Your Strategic Technique/Intervention

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Based on the **top two** unhealthy undercurrents you selected which of the following strategic interventions below would you pick to inject the anti-venom or healthy undercurrent in your family? – *Please note: These interventions must be a part of your behavioral contract or wound workbook if you are qualified to do PLL Extended Care.*

Recommended Undercurrent Techniques to Heal “Wound” Seeds	
Healthy Undercurrents-(bold)	Recommended Techniques to Inject New Undercurrent
(Unresolved Grief and Loss) • Grief Education/Resolution	<input type="checkbox"/> Externalizing the Grief <input type="checkbox"/> Balloon Letters of Good-Bye Moving <input type="checkbox"/> Moving Forward Into the Future and Reclaiming the Past <input type="checkbox"/> Before and After Grief Movie Filmmaking <input type="checkbox"/> Healing Stories: Turning Straw Into Gold
(Betrayal or Abandonment) • Security/Unconditional Love	<input type="checkbox"/> Puppet Show <input type="checkbox"/> Cups and Self-Worth <input type="checkbox"/> Redemptive Conversation <input type="checkbox"/> Helping Others <input type="checkbox"/> Positive Parent or Teen Report <input type="checkbox"/> The \$20 Dollar Bill
(Unresolved Deep Traumatic Events) • Closure or Support	<input type="checkbox"/> Arrows to the Heart <input type="checkbox"/> Forgiveness Chair <input type="checkbox"/> Eco-Maps and Town Meetings <input type="checkbox"/> The Cassette of Childhood <input type="checkbox"/> Lion King Movie
(Family Secrets) • Openness/Reveal Secrets	<input type="checkbox"/> Prince of Tides <input type="checkbox"/> Pretending to “Not Know” <input type="checkbox"/> Externalizing the Secret – The Garbage Bag
(Lack of Forgiveness/Bitterness) • Forgiveness/Reconciliation	<input type="checkbox"/> The Apology <input type="checkbox"/> Sculpting <input type="checkbox"/> Empty Chair <input type="checkbox"/> Random Acts of Kindness <input type="checkbox"/> Prayer and God <input type="checkbox"/> Non-Violence Pledge <input type="checkbox"/> The Heart Transplant
(Lack of Consistent Nurturance) • Restoration of Consistent Nurturance	<input type="checkbox"/> Special Outings- PYOCT-pp.301-306 <input type="checkbox"/> Positive Teen (PTR) or Parent Report (PPR)- PYOCT-p.60 <input type="checkbox"/> Use of Hugs- PYOCT-pp.313-317 <input type="checkbox"/> Restore Good Feelings- PYOCT-pp.318-319 <input type="checkbox"/> Dramatic Movie Clips <input type="checkbox"/> The Gift

Fidelity Check on Unhealed Wound Seed Interventions

- | | | |
|--|-----|----|
| • Did you read the wound intervention or PYOCT book based on technique selected? | Yes | No |
| • Did you clearly inject the technique through enactments or wound workbooks? | Yes | No |

PRE-SESSION PREPARATION BEFORE COACHING TWO:

[Click Here for Help on this Section](#)

Write a Rough Draft of Contract for Power Seed

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Based on (a) the symptom selected in the first coaching session; (b) the healthy undercurrent feedback loops; and (c) the healthy undercurrent techniques selected above type out a rough draft of the contract or wound workbook if using PLL Extended Care. *Please note: Use the Sample Contracts in coach help9 to cut and paste from- Be Sure to Re-create the template below on a Flip Chart to show in Coaching Session #2 after feedback loops are presented:*

If a Behavioral Contract for Drunk with Power- Here is Template to Re-Create on Flip Chart

<p>List Symptom or Stressor Here: _____</p> <p>Rule #1: Write out introductory statement here (see sample contracts- ex. (Delvon will break our “no ditching” school rule if he does one or more of the following):</p> <p>List Concrete Behaviors Below:</p> <ul style="list-style-type: none"> • . • • • 	<p>Leave Room Below to Hand Write Parent’s and Teen’s Top Three List From Top 10 Consequences</p> <p><u>List Parent’s Top Three List</u></p> <p>#1-</p> <p>#2-</p> <p>#3-</p> <p><u>List Teen’s Top Three List</u></p> <p>#1-</p> <p>#2-</p> <p>#3-</p>
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Rewards

It’s not about the reward; it’s about the parents actively complimenting the teen. Role Play in next coaching session.

<p>Daily Reward:</p> <p>Bonus Reward:</p> <p>1st week = 5 straight days:</p> <p>2nd week = 7 straight days:</p>

Negative Consequences

<p>1st offence = no daily reward (.....) +</p> <p>2nd offence = no daily reward (.....) +</p> <p>3rd offence = no daily reward (.....)+</p>

Fidelity Check: Pre-Session Rough Draft Prior to Coaching Session #2 for Misuse of Power		
• Did you review the sample contract templates in coach help7 to cut and paste?	Yes	No
• Did you customize contract template as much as possible to particular client?	Yes	No
• Can you clearly match up the undercurrent technique selected to the contract?	Yes	No
• Can you clearly match up the after feedback to the contract template?	Yes	No

PRE-SESSION PREPARATION BEFORE COACHING TWO:

[Click Here for Help on this Section](#)

Write a Rough Draft of Wound Workbook

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Based on (a) the symptom selected that was associated with unhealed wounds; (b) the healthy undercurrent feedback loops; and (c) the healthy undercurrent wound techniques type out a rough draft of a wound workbook or study the enactment technique you will use (I.e., the apology session) *Please note: Use the Sample wound workbooks to cut and paste from in coach help10- Be Sure to Re-create the template below on a Flip Chart to Show the family in Coaching Session #2 after the feedback loops are presented:*

If Wound Workbook is Used:

<p>Determine the Who, What, When, Where, and How for the Wound Workbook –</p> <ul style="list-style-type: none">• Who = Identify the key players to be involved in the wound work.• What = Identify the key strategies to fix the process undercurrents• When = Determine when interventions will be done• Where = Determine where interventions will be done• How = Determine if dress rehearsals are needed or live enactments	<p><i>Example- Undercurrent Technique to Heal Unresolved Grief:</i></p> <ul style="list-style-type: none">• Who 12-year-old Sally and Her Mom• What Sally has not been able to say good-bye or grieve the loss of her father who died suddenly in a car accident.• When Sally and mom have agreed to visit the grave site together next Saturday between 9am and 12pm and use the balloon letter technique to say good-bye.• Where The grave site at the Shady Pines Cemetery• How Using the Balloon Step-by-Step Strategies We Came Up With Below:<ul style="list-style-type: none">• The therapist will meet with the family at the cemetery and ask Sally and her mom to read their letter aloud• Sally and her mom will then tie the cards to a helium-filled balloon and the balloon is released to go up to heaven• As the balloon floats away to “heaven” the therapist’s prompts discussion of “where to go from here”
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If Wound Enactment is Used During the Session:

<p><u>Wound Enactment Selected to Be Used During Coaching Sessions #2 or #3</u></p> <p>Example of Therapist Playbook Procedures for the Arrow Technique</p> <ul style="list-style-type: none"><input type="checkbox"/> Before the session, the therapist purchases four to five arrows from the store<input type="checkbox"/> The therapist begins the session with this statement. “It is normal for everyone to go through life experiencing one or more deep traumatic events. What separates those that heal and move on and those that don’t will be made clear by using these arrows [hold them up in the air]. To help you better understand how these arrows work I as your therapist will go first and self-disclose a deep and traumatic event in my own life. Then I will ask you to tell me about yours.”<input type="checkbox"/> The therapist then proceeds to describe a personal traumatic event that affected them.<input type="checkbox"/> As the story unfolds, the therapist will use the arrows as props:<input type="checkbox"/> If the therapist removed their arrows, they should reveal to the client how they did it-If not.

<p>Fidelity Check: Pre-Session Rough Draft Prior to Coaching Session #2 for Wound Seed</p>		
• Did you review the techniques listed in coach help8 to cut and paste from?	Yes	No
• Did you customize the template selected as much as possible to particular client?	Yes	No
• Can you match up the undercurrent technique to the workbook or enactment?	Yes	No
• Can you clearly match up the after feedback to the workbook or enactment?	Yes	No

SECOND COACHING SESSION

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Fidelity Check – Coaching Session #2

- | | | |
|---|-----|----|
| • Did you present the before and after feedback loops? | Yes | No |
| • (Optional) Did you role play the feedback loops? | Yes | No |
| • Did you copy the rough draft of the contract on the flip chart before the session began? | Yes | No |
| • Did you use the Survival Kit to help convert the complaint into a concrete rule? (p. 23) | Yes | No |
| • Did you use the Survival Kit to explore the teen's top 3 areas for rewards/consequences? (p. 27) | Yes | No |
| • Did you bring a copy of the rewards the teen came up with in class #3? | Yes | No |
| • Did you bring a packet of PTR's and have the parent give the 1 st one at the end of the second coaching session? | Yes | No |
| • Did you give the Surgeon General Warnings about the PTR's and role play their delivery? (Survival Kit p. 65) | Yes | No |

If a Behavioral Contract for Drunk with Power- Here is Template to Re-Create on Flip Chart

<p>List Symptom or Stressor Here: _____</p> <p>Rule #1: Write out introductory statement here (see sample contracts- ex. (Delvon will break our “no ditching” school rule if he does one or more of the following):</p> <p>List Concrete Behaviors Below:</p> <ul style="list-style-type: none"> • . • • • 	<p style="text-align: center;">Leave Room Below to Hand Write Parent's and Teen's Top Three List From Top 10 Consequences</p> <p><u>List Parent's Top Three List</u></p> <p>#1-</p> <p>#2-</p> <p>#3-</p> <p><u>List Teen's Top Three List</u></p> <p>#1-</p> <p>#2-</p> <p>#3-</p>
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Rewards

It's not about the reward, it's about the parents actively complimenting the teen. Role Play in next coaching session.

Daily Reward: Bonus Reward: 1st week = 5 straight days: 2nd week = 7 straight days:
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Negative Consequences

1 st offense = no daily reward (.....) + 2 nd offense = no daily reward (.....) + 3 rd offense = no daily reward (.....)+
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THIRD COACHING SESSION

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Fidelity Check – Coaching Session #3

- | | | |
|--|-----|----|
| • Did you present the typed out contract? | Yes | No |
| • Did you troubleshoot/develop one or two backup Plans with the SK pp. 45-56? | Yes | No |
| • Did you do dress rehearsals to get the parents battle ready to present the contract? | Yes | No |
| • Did you practice delivery of the rewards and consequences with the parents alone? | Yes | No |
| • Did you practice with the parents the use of button busters when delivering the contract? | Yes | No |
| • (If needed) Did you tell the parents that they need more practice before delivering the contract? | Yes | No |
| • Did you have the parents practice using button busters to avoid piling on? | Yes | No |
| • Did you warn the parent that once the contract is in place, it will get worse before it gets better? | Yes | No |
| • Before you handed out the typed written contract and started your dress rehearsals were all the key caregivers in the contemplation or preparation stage of readiness? | Yes | No |

Submit final draft of contract for supervision

FOURTH COACHING SESSION

Relapse Prevention and Fallout of Change

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Fidelity Check – Coaching Session #4 or #8

- | | | |
|---|-----|----|
| • Did you review how the contract went by asking the parents and teen, using a scale of 0% to 100%? | Yes | No |
| • Did you use mini scales to consolidate changes and to determine steps needed for progress? | Yes | No |
| • (If Needed) Did you tweak the contract, making necessary changes? | Yes | No |
| • Did you renegotiate for more coaching sessions, either after tweaking the contract or to do Wound Work? | Yes | No |
| • Did you do relapse prevention and send the client home with a 3x5 card of concrete signs of possible relapse? | Yes | No |
| • Did you schedule a 30-day call back? | Yes | No |
| • Did you play Trivial Pursuit with the Survival Kit to help the parents to generalize skills to future problems? | Yes | No |

1. Indicate how the contract went on the scale below:



2. Indicate what is making the contract work (i.e. consistency with rewards, reading contract every morning, using button busters, etc.):

3. Indicate how you tweaked the contract: (what it will take to go to the next highest number)

4. Indicate relapse prevention plan that you wrote out on flip chart in session:

Example of Concrete Signs of Possible Relapse:

"Red Flags" to Watch Out For That Can Lead to Relapse
<ul style="list-style-type: none">• Daily Violations of Contract over a period of two weeks• Safety Behaviors Show Up (Violence, drug usage worse, etc.)• Resurface of unhealthy undercurrents (identify the specific unhealthy undercurrents) <p><i>**Please Note: If any of these issues occur, please call me for support over the phone and if needed we can conduct a tune-up for one or two meetings to get back on track.</i></p>