

PARENTING WITH LOVE AND LIMITS™

PROTOCOL CHECKLIST CLASS #1

You and your supervisor will fill out the following protocol checklist after each group you completed during group supervision.

Date of Group Session: _____
 Name of facilitator: _____ Name of supervisor: _____
 Name of facilitator: _____ Group Team: #1 #2 #3 (circle one)

Class Taught: # 1 #2 #3 #4 #5 #6 #7 #8 #9 (circle one)

Class #1-Venting and Why Teens Misbehave

Introduction and Ice Breaker Game:

⇒ On a scale of 1 to 5 how closely did you follow the manual transcript in this section?
 1 _____ 2 _____ 3 _____ 4 _____ 5
 Not at all Sometimes All the time

- Energy level: High Medium Low
- Explained the rules of the game: Yes No
- ⇒ Use of the video (Overview of classes): Yes No
- ⇒ Theories: Total time allowed is 37 minutes: Time kept Time exceeded by: _____
- Briefly asked for parent’s and teen’s theory, kept it short: Yes No

Hour 2 (Parents)-Venting

Parent Venting

On a scale of One to Five how closely did you follow the manual transcript in this section?
 1 _____ 2 _____ 3 _____ 4 _____ 5
 Followed the Manual Followed the Manual Followed the Manual
 Not at all Sometimes All of the Time

- Kept good time (30 minutes): Yes No
- Demonstrated empathic listening: Yes No
- Used the one down position: Yes No
- Established linkages: Emotionally based: Factually based:
- Kept good time (30 minutes): Yes No



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PROTOCOL CHECKLIST CLASS #2

You and your supervisor will fill out the following protocol checklist after each group you completed during group supervision.

Date of Group Session: _____
 Name of facilitator: _____ Name of supervisor: _____
 Name of facilitator: _____ Group Team: #1 #2 #3 (circle one)

Class Taught: # 1 #2 #3 #4 #5 #6 #7 #8 #9 (circle one)

Class #2-Button Pushing

Hour 1 (Parents and teens)

⇒ On a scale of 1 to 5 how closely did you follow the manual transcript in this section?
 1 _____ 2 _____ 3 _____ 4 _____ 5
 Not at all Sometimes All the time

- ⇒ Overview of button pushing; use of the video and “It takes two to tango” Yes No
 - Time kept (10 minutes): Yes No
 - ⇒ Identify top 3 parent button exercise done: Yes No
 - Time kept (10 minutes): Yes No
 - ⇒ Identify top 3 teen button exercise done: Yes No
 - Time kept (10 minutes): Yes No
 - ⇒ Demonstrating button pushing
 - Setting up the inner/outer circle: Yes No
 - Setting up the role play with the family (game): Yes No
 - Played the role of the teen: Yes No
 - Physically pushed parent’s buttons: Yes No
 - Prompted parent to phys. push teens buttons: Yes No
 - Used the parents and teens in the outer circle: Yes No
 - Role play discussion (It takes 2 to tango): Yes No
 - Time kept (26 minutes): Yes No

PROTOCOL CHECKLIST CLASS #2 PAGE 2

Hour 2 (Parents)

On a scale of One to Five how closely did you follow the manual transcript in this section?

1	2	3	4	5
Followed the Manual Not at all		Followed the Manual Sometimes		Followed the Manual All of the Time

⇒ Button busters:

- Time kept (42 minutes): Yes No
- Used the videos: Yes No
- Gave concrete examples when needed: Yes No

⇒ Being unpredictable:

- Explained the reasons: Yes No
- Role played: Yes No
- Home assignment: Yes No

Hour 2 (Teens)

On a scale of One to Five how closely did you follow the manual transcript in this section?

1	2	3	4	5
Followed the Manual Not at all		Followed the Manual Sometimes		Followed the Manual All of the Time

⇒ Button buster filter shield:

- Conducted all 3 role plays: Yes No
- Used the teen workbook: Yes No

⇒ Being unpredictable:

- Explained the reasons for being unpredictable: Yes No
- Conducted role plays: Yes No
- Had the teens pick an unpredictable behavior assignment: Yes No

Comments: _____



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PROTOCOL CHECKLIST CLASS #3

You and your supervisor will fill out the following protocol checklist after each group you completed during group supervision.

Date of Group Session: _____
 Name of facilitator: _____ Name of supervisor: _____
 Name of facilitator: _____ Group Team: #1 #2 #3 (circle one)

Class Taught: # 1 #2 #3 #4 #5 #6 #7 #8 #9 (circle one)

Class #3-Contracting

Hour 1 (Parents and teens)

⇒ On a scale of 1 to 5 how closely did you follow the manual transcript in this section?
 1 _____ 2 _____ 3 _____ 4 _____ 5
 Not at all Sometimes All the time

- I. Review of the "Unpredictable Home Assignment": Yes No
 - Time kept (8 minutes): Yes No

- II. Why contracts fail: Time kept (3 minutes) Yes No
 - Reason # 1: Your teen has literal disease (10 minutes): Yes No
 - Reason # 2: Rules optional, not mandatory (5 minutes): Yes No
 - ⇒ Use of the video: It's my choice Yes No
 - Reason # 3: Too many rules at one time (5 minutes): Yes No
 - ⇒ Use of the video: I only have 1 gallon of gas Yes No
 - Reason # 4: Rules and consequences not predetermined (5 min) Yes No
 - Reason # 5: A lack of troubleshooting (5 minutes) Yes No
 - ⇒ Use of the video: I think 2 steps ahead Yes No
 - Time kept for the entire section (41 minutes): Yes No
 - Workbooks used Yes No

PROTOCOL CHECKLIST CLASS #3 PAGE 2

Hour 2 (Parents)

On a scale of One to Five how closely did you follow the manual transcript in this section?

1 ————— 2 ————— 3 ————— 4 ————— 5

Followed the Manual Followed the Manual Followed the Manual
Not at all Sometimes All of the Time

III. Creating ironclad rules (3minutes):

Yes No

- List and rank top 3 problems (5 minutes):

Yes No

- Convert problems into concrete behaviors (15 minutes):

Yes No

IV. How to mobilize outside helpers (5 minutes):

Yes No

- Use of the video: It takes a villager to raise a child
- Know your playing field (5 minutes):
- Make your own list of helpers (10 minutes):
- Your teen and the law (10 minutes):
- Use of the video: The law is on my side
- Tips to recruit outside helpers (10 minutes):
- Inner/Outer circle role play (8 minutes):
- Time kept for entire section (74 minutes)
- Workbooks used

Yes No

Yes No

Yes No

Yes No

Yes No

Yes No

Yes No

Yes No

Yes No

Hour 2 (Teens)

On a scale of One to Five how closely did you follow the manual transcript in this section?

1 ————— 2 ————— 3 ————— 4 ————— 5

Followed the Manual Followed the Manual Followed the Manual
Not at all Sometimes All of the Time

VI. Creating ironclad rules (5 minutes):

Yes No

- Use of the video: They heard my voice and listened
- Create a list of your most important problems (15 minutes)
- Create a list of your parent's problems (5minutes):

Yes No

Yes No

Yes No

VII. Creating rewards: List of rewards (15 minutes)

Yes No

VIII. Art of negotiating – Inner/Outer circle role play (25 minutes)

Yes No

- Time kept for entire section (70 minutes)
- Workbooks used

Yes No

Yes No

Comments: _____



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PROTOCOL CHECKLIST CLASS #4

You and your supervisor will fill out the following protocol checklist after each group you completed during group supervision.

Date of Group Session: _____
 Name of facilitator: _____ Name of supervisor: _____
 Name of facilitator: _____ Group Team: #1 #2 #3 (circle one)

Class Taught: # 1 #2 #3 #4 #5 #6 #7 #8 #9 (circle one)

Hour 1.5 (Parents breakout)

⇒ On a scale of 1 to 5 how closely did you follow the manual transcript in this section?
 1 _____ 2 _____ 3 _____ 4 _____ 5
 Not at all Sometimes All the time

- I. Review of Home Assignment (5 minutes) Yes No
- II. Creating ironclad consequences (5 minutes) Yes No
 - Use of the video: The ideal contract Yes No
 - Inner/Outer circle role play: Yes No
 - Locate your teen’s negative consequences (15 minutes) Yes No
 - Rank your top 3 punishments (15 minutes) Yes No
 - Locating your teen’s positive consequences (15 minutes) Yes No
 - Break (5 minutes) Yes No
 - Trouble shooting and backup plan (15 minutes) Yes No
- III. Contracting and dress rehearsal (1 minutes): Yes No
 - Inner/Outer circle role play (continued) Yes No
 - Getting battle ready through dry runs (15 minutes) Yes No
 - Time kept for the entire section (86 minutes) Yes No
 - Workbooks used Yes No

Hour 1.5 (Teens breakout)

On a scale of One to Five how closely did you follow the manual transcript in this section?
 1 _____ 2 _____ 3 _____ 4 _____ 5
 Followed the Manual Followed the Manual Followed the Manual
 Not at all Sometimes All of the Time

PROTOCOL CHECKLIST CLASS #4 PAGE 2

- | | | |
|--|------------------------------|-----------------------------|
| III. Creating ironclad rules (3minutes): | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| • List and rank top 3 problems (5 minutes): | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| • Convert problems into concrete behaviors (15 minutes): | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| IV. Review of Home Assignment (2 minutes): | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| • Process unpredictable outcome (5 minutes) | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| • Role play the unpredictable (20 minutes) | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| V. Top 3 punishments (20 minutes) | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Break (5minutes) | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| • Understanding the positive parent report (10 minutes) | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| • Use of the video: Catching my parent doing something right. | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| VII. Creating a positive parent report | | |
| • Use a high powered magnifying glass (5 minutes) | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| • Fill out / role play delivery PPR through dry run (20 minutes) | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| • Time kept for the entire section (72 minutes) | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| • Workbooks used | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

Hour 2 (Parents and Teens together)

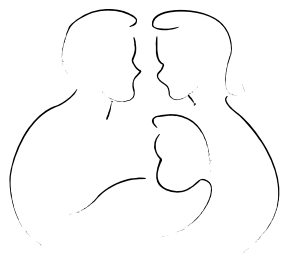
On a scale of One to Five how closely did you follow the manual transcript in this section?

1 _____ 2 _____ 3 _____ 4 _____ 5

Followed the Manual Not at all	Followed the Manual Sometimes	Followed the Manual All of the Time
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- | | | |
|---|------------------------------|-----------------------------|
| VIII. Delivery of the Positive Parent Report (10 minutes) | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| X. Introducing "Parent's Only" night (2 minutes) | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| • Option 1: Pre-arranged child care (1 minutes) | | |
| • Option 2: No pre-arranged child care (1 minutes) | | |
| XI. Parent Home Assignment: Aces and contracting (3 minutes) | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| XII. Teen Home Assignment : Giving PPR's at home (2 minutes) | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

Comments: _____



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PROTOCOL CHECKLIST CLASS #5

You and your supervisor will fill out the following protocol checklist after each group you completed during group supervision.

Date of Group Session: _____
 Name of facilitator: _____ Name of supervisor: _____
 Name of facilitator: _____ Group Team: #1 #2 #3 (circle one)

Class Taught: # 1 #2 #3 #4 #5 #6 #7 #8 #9 (circle one)

Hour 1 (Parents only night, 30 minutes)

⇒ On a scale of 1 to 5 how closely did you follow the manual transcript in this section?
 1 _____ 2 _____ 3 _____ 4 _____ 5
 Not at all Sometimes All the time

- I. Review of Home Assignment (5 minutes) Yes No
- II. Overview of 7 aces (15 minutes) Yes No
 - Use of the video: Overview of 7 aces Yes No
- III. Overview of the positive teen report (5 minutes) Yes No
 - Use of the video: Catch your teen doing something right Yes No
 - Things to watch out for (5minutes) Yes No
 - How often to use the PTR (5 minutes) Yes No
 - Create your own PTR (5minutes) Yes No

Hour 2 (Parents only, 90 minutes)

On a scale of One to Five how closely did you follow the manual transcript in this section?
 1 _____ 2 _____ 3 _____ 4 _____ 5
 Followed the Manual Followed the Manual Followed the Manual
 Not at all Sometimes All of the Time

- IV. Building your own contract (2 minutes): Yes No
 - Inner/Outer circle role play (1 role play of 30 min per parent) Yes No
 - Locate your teen’s negative consequences (10 minutes) Yes No
 - Locate your teen’s positive consequences (5 minutes) Yes No
 - Troubleshooting and dress rehearsal (15 minutes) Yes No



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PROTOCOL CHECKLIST CLASS #6

You and your supervisor will fill out the following protocol checklist after each group you completed during group supervision.

Date of Group Session: _____
 Name of facilitator: _____ Name of supervisor: _____
 Name of facilitator: _____ Group Team: #1 #2 #3 (circle one)

Class Taught: # 1 #2 #3 #4 #5 #6 #7 #8 #9 (circle one)

Hour 1 (Parents and teens together)

⇒ On a scale of 1 to 5 how closely did you follow the manual transcript in this section?
 1 _____ 2 _____ 3 _____ 4 _____ 5
 Not at all Sometimes All the time

- I. Watch a movie: The Great Santini (10 minutes) Yes No
 - Video question: A military boot camp without love (5 minutes) Yes No
 - Important follow-up questions (5minutes) Yes No
- II. The Big Chill Timeline (15 minutes) Yes No
- III. The Magic Wand Intervention (5 minutes) Yes No
- IV. Nurturing Your Plant
 - Love your plant unconditionally (25minutes) Yes No
 - Gave one plant for family Yes No

Hour 2 (Parents and teens together)

On a scale of One to Five how closely did you follow the manual transcript in this section?
 1 _____ 2 _____ 3 _____ 4 _____ 5
 Followed the Manual Followed the Manual Followed the Manual
 Not at all Sometimes All of the Time

