

Working More Effectively with Caregivers

Self- Reflection

- What feelings are coming up for me?
- What am I saying about myself? About the caregiver?
- Breathe (or any other calming strategy). What is a more helpful message for myself?

Engagement Strategy Review

- Am I providing praise to the caregiver?
- Have I asked their biggest problems, needs, goals?
- Am I validating their feelings and needs?
- Have I asked for feedback
 - On understanding of the problem?
 - On therapy in general?
 - On specific strategies I have introduced?

Teaching Strategies Check-In

- Asked caregiver to tell me what they heard/took away
- Asked willingness to try it this week
- Role modeled an example of skill
- Had caregiver practice in roleplay with me
- Had parent practice in session using skill with child
- Set goal for the week
- Given handout (or other method) for tracking use
- Followed up on tracking previous week in this week's session
- Problem solved how to make it more effective