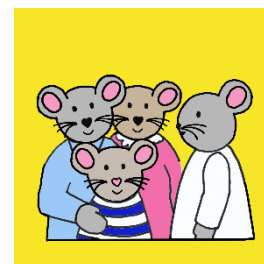


Review session

Use This:

When progress is slow and/or parents want to consolidate strategies learnt to date rather than introducing new ones at this point.



Goals

- You and the parent will discuss their views on treatment so far and the progress towards their goals.
- You and the parent will review each of the strategies in detail to ensure you have a shared understanding of how the family is utilising them.
- You will ensure the parent/family feels confident to continue implementing the strategies they have learnt.

Materials

- **Weekly questionnaires** and **Monitoring sheet** (see pages 277-293)
- **Therapist Note Taking Sheet** (p. 276)

⚡ If time is tight: Review progress – if progress is slow, ensure that strategies are being practiced (where appropriate) and directed towards addressing the specific goals.

Main steps

<input type="checkbox"/> Set an Agenda	Remember to start by setting an agenda together.
<input type="checkbox"/> Obtain Rating	Review Weekly questionnaires and Monitoring sheet in detail.
<input type="checkbox"/> Review of Goal Progress	Ask the parent how they think treatment is going so far and discuss their satisfaction with their progress towards the goals for treatment. Try to explore what they think are the reasons behind the progress with each goal.
<input type="checkbox"/> Review Monitoring and Weekly Questionnaires	Ask the parent/s their thoughts on completing the weekly questionnaires and monitoring sheet. If the parent completes and returns both each week, use this opportunity to praise the parent for doing so. If the parent has difficulty returning the questionnaires and monitoring sheet, reiterate the importance of both in treatment and work together with the parent to find ways to overcome these difficulties (for example, alternative recording such as written prose or voice notes).
<input type="checkbox"/> Discuss and Review Strategies	Spend some time reviewing each of the strategies covered so far. Taking each strategy individually, encourage discussion and ask questions to explore: <ul style="list-style-type: none"> • How they are currently implementing the strategy

	<ul style="list-style-type: none"> • Whether the strategy is helpful/not helpful • Any difficulties/concerns implementing the strategy <p>Provide praise for effective use of the strategies. If needed, provide feedback and work with the parent to ensure you share the same understanding of the strategies and their use. Ensure that the parent is focussing their use of the strategies on their goals for treatment and if necessary, together with the parent, discuss ways in which they can do this.</p>
<input type="checkbox"/> Praise and Validate	Acknowledge that practising the strategies takes a lot of work, time and effort. Praise the parent for their commitment and hard work implementing the strategies. Show understanding that there can be a lot of information to take in and remember. It may be helpful to remind the parent that they have the session summaries and handouts to refer back to throughout treatment.
<input type="checkbox"/> Send the materials for the next session	Tell the parent/s you will send a written summary and the materials for next session. Remind them that they <u>do not</u> need to be completed for next session as you will go through them together in the session. Tell the family you will also send the Weekly questionnaires and Monitoring sheet which need to be completed for the next session.
	Confirm date and time of next call.
<input type="checkbox"/> Summarising	Ask if they would like you to summarise the session, if they want to summarise or if you should do it together.

Leave 'Em Laughing

End the session on a positive note with the family by perhaps talking about things that are unrelated to treatment or a game or activity that will leave them feeling good about the work you've done today. The end of each session should be used to praise the family's efforts and to convey support and encouragement.

Helpful Tips

- It is easy to focus on what has not gone well; make sure you also focus on what has gone well - you can include no deterioration in symptoms if there was a downward trajectory at the start of treatment.
- Be reassuring that there are many sessions and it is a learning experience

How's Your Style?

- Did you praise often?
- Did you review often, by asking questions?
- Did you simplify the steps as needed?
- Did your pace match that of the child or family?
- Did you stay on track?