

Parent-Led, Therapist-Guided CBT* at The Yeager Center: Is it right for your family?

(* Cognitive-Behavioral Therapy)

Are YOU willing to:

GETTING STARTED

- Set goals for your child and your family? (For example: *My child will be less anxious; Mornings will be less stressful; We will communicate without anger and get along better as a family.*)
- Educate yourself about CBT, using the **Parent Portal** on our website.
- Be the primary adult responsible (under the professional guidance of Daniel Yeager, LCSW) for teaching your child CBT concepts and encouraging your child to be an active partner in bringing about healthy changes in your family?



S	M	T	W	T	F	S

WEEKLY

- Have a **family meeting** (20-30 minutes)?
- Talk with Mr. Yeager to make a plan and then (from our website) print out the materials needed for that week's learning activity and assignment?
- Do a weekly **activity/game** (20-30 minutes) with your child to teach a CBT concept?
- Explain an **assignment** to your child including why the assignment is important and how it relates to your family's goals?

S	M	T	W	T	F	S

DAILY

- Be mindful of your child's assignments and how the weekly assignments relate to your family's goals?
- Do a very short (2 minute) check-in activity with your child each morning and evening to help both you and your child stay mindful of your goals?
- Give your child "external support " (as needed) to help your child complete weekly assignments? (Mr. Yeager will explain how to provide the support and provide materials if needed.)
- Be aware of the effort and progress that both you and your child are making, and celebrate that success!



Is YOUR CHILD willing to:

- Set some personal goals for feeling better about self and family?
- Learn new ways of meeting those personal goals (while earning points, having fun, and working hard)?
- Do a short check-in activity with you every morning and evening?