

Family Tactics and Interventions

1. Explore feelings:
 - a. Identify
 - b. Compare the negative and the positive means in expressing each feeling.
2. Identify the triggers for each set of feelings.
3. Make a list of feelings and their triggers that are best and most difficult in the child's and the parent's experience. Outline the feelings and the related reactive behavior.
4. Explore the means of interfering with the immediate expression of a negative feeling.
 - a. Diversion
 - b. Redirection
5. Teach skills to manage frustration, impulsivity, anger and its relationship to free-will.
 - a. Relaxation Techniques
 - b. Avoidance Techniques
 1. Walk away when aggravated and before reacting.
 - c. Download Outcome Genii free on Google and Apple's App Store
 - d. Hardcopy Available: Jonathan@outfar10.com
6. Express feelings through artwork, mutual story-telling, therapeutic games
7. Highlight times when taking responsibility empowers one to affect change.
8. Explore the value of proper transitioning.
9. Discuss the value of planning and teach this set of skills
10. Explore the value of boundaries and their relationship to healthy social interaction
11. Chart feelings, triggers and their expression.
12. Play games that the rules and the goal are defined at the beginning, and the client keeps track of maintaining them throughout the game.
13. Journaling
 - a. Helps focus the client in "seeing" their behavior. Allows them to keep track of chosen identifiers, and evaluate their implementation.
 - b. Helps client release their feelings.
14. Physical outlets for stress.
15. Self-soothing techniques and resources
16. Identify negative self-talk and explore the implementation of positive self-talk.
17. Identify goals and the skills needed for achievement.
18. Assess child's skills and how they can be applied to achieve goals.
19. Model constructive steps to take to protect self and feel empowered.
20. Express feelings associated with neglect, abuse, separation and abandonment.
21. Explore when child exhibits good impulse control and behaved responsibly.
22. Teach client how to process experiences and feelings.
23. Introduce the idea that child can change pattern. Have the child explore idea of what the child will be doing when the child stops getting into trouble. Process the response and help develop an action plan to accomplish goals or desired behavior changes.
24. Develop a list of positive skills, interests, relationships, gifts, and talents.
25. Encourage involvement in peer activities.
26. Develop a list of support people and their telephone numbers who will protect the client against abuse and establish a place to go for safety.