

Main steps

Set an Agenda	Remember to start by setting an agenda together and by reviewing any practice assignments.
Obtain Weekly Ratings	Using the 0 to 10 scale of the _____, obtain ratings from both the child and his or her parent/s. Review the

Plan the Last Sessions	<p>Discuss with the family the structure of the next few sessions. Talk with the family about how you will gradually be decreasing the number of sessions. Suggest that during the next few sessions, you will be reviewing the practice exercises that the child is working on outside of session and engaging in continued practice exercises with the child during sessions. Sessions may become further apart and will end after a few more meetings together.</p> <p>For some children, reducing the frequency of meetings may go quickly if they are successful at maintaining gains and continuing to practise and if the parent is feeling comfortable with progress. For other children, the sessions may need to be tapered more gradually to allow time to establish independence and confidence with the new skills.</p>
Review Parent Handout	Tell the parent/s to review the parent handout after the session.
Problem Solve	Review any lingering concerns that the family may have, and use questioning to have the child and parent articulate a plan for how to approach new problems, being sure to incorporate the new skills learned during treatment.
Self-review	Encourage weekly self-review of strategies: as the first booster session will not be for 1 month, encourage the parent to review what has been working well that week and what has not been working so well. This is to ensure strategies are sustained (before the first booster in 1 months' time); try to instigate this weekly for around 10-20 minutes each week.
Send the materials for the next session	Tell the parent/s you will send a written summary and the

