

## **MET CBT Rationales**

### **Session One**

For rapport building – Builds trust & understanding -  
“I need to be able to connect to you in order to help you”

The use of MET CBT –  
It is Brief, Effective, and Developed for Youth

For the use of the Program Expectations  
Clearly defines the objectives and what it takes to be successful in this program  
Also what will be shared with others including probation

For Orientation - Give them the welcome sheet

For doing the Feedback Discussion - Gets you on the same page and begins building collaboration for the real issue and target behaviors. Helps you understand the client’s motivation - readiness, willingness and abilities

For the real life practice and commitment to do “Lifework” “Practice is essential to reaching most goals, since we are only meeting for a short time, the work you do between sessions is critical to your success”. Your specific commitment to a date and time will

### **Session Two**

Rapport, Review Practice

Goal setting: put the client in the drivers seat – focus, options, SMART Goals

Goal Sheet – to write it down and sign makes it a formal commitment to yourself , it becomes a record for you to reassess progress

Knowledge is Power – we develop habits – actions become automatic, hard to change by doing this personal awareness sheet it helps you gain control and allows you the options to make a decision before the situation takes over. “Knowledge is Power” – lets us become aware, avoid, cope and replace the triggers, with new actions should we choose to do so.

Activity – one where is the behavior is exhibited and one where it isn’t to help affirm their self efficacy

Lifework” – should then cover the activity delivered

**Session Three**

Assertive communication – Our ability to be clear with others is essential in getting our needs met. It helps all of us from being railroaded – or pressured into doing something we decide we do not want to do.

In addition the more I do something, the more others around me do it. Because in general we hang out with those peers who have similar interests. We call this the **funneling effect** and it means that we are more likely to encounter a situation where we will be around others using it if we are using it and have it for a while. So we would be asked more often to use it and we will need to be able to be assertive if we want to change our use. This is true for other interests as well, like basketball or mountain biking etc. your friends tend to do the same things as you and thus may ask you to join in more than for other activities.. .

Doing a role play where you know the person can be assertive – demonstrates that the skill is inherent when the intent is clear

Teaching the skills – so the assertiveness is clear is essential.

Lifework – we are going to write in the response to two of the most likely situations role play it before you leave. The you will commit to using these assertive responses in the next week and writing down what happened in the knowledge is power sheet.

**Session Four**

Social Support = for any challenge in life it is helpful to have support whether you are lifting piano, rock climbing, going through a tough time. A friend can help make it feel better and perhaps even make it better. There are different types of problems and different types of support. We like many other animals are social creatures by nature. Figuring out who you can trust and who can help you in different types of situations creates a sense of stability in life. That is why many people call our social connections, a net or network – it helps support us through many aspects of life experiences. Some professionals say having at least 3-5 people in our circle of trust makes us feel secure.

Who can you contact today and ask if they will be in your circle of trust as you try to reach your goals?

**Session Five**

We all have problems – it is a part of life, that we can not control, what we can do is get ready to solve the problems so things do not get worse. Problems are not the problem it is how we handle them that makes the difference. Practicing a model for problem solving will increase the effectiveness in our response. Like a fireman who practices putting out fires prior to a real one, it helps us become more thoughtful and efficient should we need to respond immediately to unanticipated situations. Practice is the key so that we think for a moment before we just re-act.