

# *Engagement Strategies*

## *Therapist goals are to:*

- 1. Establish rapport*
- 2. Build a picture of: the child/family perspective of the problem; their coping strategies and general dynamics*
- 3. Shape a shared view of the problem*
- 4. Motivate child/family to work for change*

## *The therapist must:*

- 1. Be unaligned with any particular person*
- 2. Involve family members*
- 3. Be accepting and non judgmental*
- 4. Not give premature advice or suggestions for change*