

# Behavioral Rehearsal Guidelines

## One on One Time: Planning for At Home Practice

Remember approximately 5-10 minutes. Do not review the goals of the behavioral rehearsal task with the clinician. This is meant to provide an estimate of clinician fidelity for this component. Do not interrupt the therapists rehearsing to provide feedback. After the rehearsal, provide feedback on strengths and needed improvements. If the therapist rehearses a 2nd/3rd time, only rate the first rehearsal.

**Therapist prompt:** You have just taught the parent of your client how to use 1:1 time, including rationale and in-session practice (i.e., modeling, role play). Please show me how you would prepare the parent to practice this skill outside of session in the next week. I'll play the parent. Start when you are ready.

EXPECTATIONS
<input type="checkbox"/> * With parent, <b>collaboratively identify possible one-on-one time activities</b> <input type="checkbox"/> * <b>Plan for at-home practice is clear</b> (e.g., when to use 1:1 time; how many times/week; etc) <input type="checkbox"/> * <b>Problem-solves barriers/problems</b> the parent may encounter (e.g., What might get in the way of...") <input type="checkbox"/> * <b>Identifies facilitators</b> (e.g., reminders, encourages parent to track use of 1:1 time; has parent set specific goals such as how many days per week, at what time)

Given the time you had for the role play, how well did the clinician do on the main elements\*?

0 Extremely Poor | 1 Poor | 2 Fair | 3 Adequate | 4 Good | 5 Excellent | 6 Perfect

FEEDBACK	
Strengths (Adherence & Skill)	
Areas to Improve (Adherence & Skill)	

Other topics or common challenges you might want to discuss with the clinician...

- What is the purpose for teaching one-on-one time? Can the clinician give a good rationale (e.g. how related to the overall treatment goals for this child, adult example that makes benefits of positive time together clear?)
- What are some common parent concerns about using one-on-one time, and how would you address them?
- How would you know if the parent is using this skill effectively at home?
- One-on-one time looks different for different age children – how old is the current client? How age-appropriate are the suggestions for one-on-one time?