

# MODEL ADHERENCE CHECKLIST

## PLL-FSS PHASE II

### PRE-SESSION PREPARATION

All PLL therapists in the Beginner Level of Model Adherence are to complete, and submit this Model Adherence Checklist for FSS Phase II Pre-Session Preparation, along with your corresponding Family Plan, for one family of each cohort until you have moved into the Intermediate Level of Model Adherence. This Model Adherence Checklist can be downloaded from the PLL Document Library at [www.gopll.com](http://www.gopll.com) or may be photocopied from these pages (pp. 197-202).

#### Complete this worksheet:

1. Identify the Symptom pick selected in Phase I
  - a. Symptom pick \_\_\_\_\_
2. Identify the top two Seed picks selected in Phase 1
  - a. Top Seed pick to focus on first \_\_\_\_\_
  - b. Second Seed pick \_\_\_\_\_
3. Check the box beside the undercurrents listed on the next page that relate specifically to the particular seed and symptom picks you negotiated with the family to work on first at the end of the Coaching Phase I. *(Because the focus of this manual is on stabilization, the undercurrents to select from are within the seed of Misuse of Power)* Please note: *These undercurrents (Unhealthy and Corresponding Healthy) must be reflected on the feedback loops as well as the contract.* To make your selection, answer the question: “What are the top three or four unhealthy undercurrents within the seed pick that are directly responsible for causing the symptom pick for this particular family to occur?”

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MISUSE OF POWER SEED		
Check Box	Unhealthy Undercurrents	Healthy Undercurrents
<input type="checkbox"/>	Empty Threats	No Empty Threats
<input type="checkbox"/>	Caustic Communication	Soft Talk, Calm Voice, Praise and Appreciation
<input type="checkbox"/>	Lack of Consistent Discipline	Consistent Discipline
<input type="checkbox"/>	Role Confusion	Role Clarity
<input type="checkbox"/>	Lack of Consistent Nurturance	Unconditional Love, Consistent Nurturance
<input type="checkbox"/>	Dance of Violence	De-escalation Tactics, Playfulness, Safety
<input type="checkbox"/>	Boundary Violations	Creation of Boundaries
<input type="checkbox"/>	Different Parent or Marital Philosophies	Same Philosophies or Work Together
<input type="checkbox"/>	Lack of Support Village	Mobilize or Create a Village

4. Based on the top three or four unhealthy undercurrents that were selected, check the strategic interventions listed on the following pages that you will use to inject the anti-venom or healthy undercurrents into the family. It is important to make sure that you are not overloading the family with too many strategic interventions at once. Interventions selected should be illustrated on your feedback loops and on your behavioral contract (i.e. Button Busters, Strategies to Inject Nurturance, etc.). For example, if you select the Button Buster technique of “Exit and Wait” to curtail or stop the unhealthy undercurrent of Caustic Communication, then this intervention must be clearly written into your feedback loops and contract.

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## Strategic Interventions to Heal the “Misuse of Power” Seed

Unhealthy Undercurrents	Healthy Undercurrents	Techniques to inject the Healthy Undercurrent
Empty Threats Lack of Consistency	No Empty Threats Consistency	<input type="checkbox"/> Super Nanny episode <input type="checkbox"/> Behavioral Contract – PYOCT pp. 29–79
Caustic Communication	Soft Talk, Calm Voice, Praise and Appreciation	<input type="checkbox"/> Behavioral Contract – PYOCT pp. 29–79 <input type="checkbox"/> Positive Teen or Parent Report – PYOCT p. 60 <input type="checkbox"/> Be Playful and Unpredictable – PYOCT pp. 232–233 <input type="checkbox"/> Exit and Wait – PYOCT pp. 99–107 <input type="checkbox"/> Short and to the Point – PYOCT pp. 107–108 <input type="checkbox"/> Reflectors – PYOCT pp. 109–110 <input type="checkbox"/> Creating Soft Talk – PYOCT pp. 324–327
Role Confusion/Boundary Violations/Unclear Hierarchy	Role Clarity/Clear Boundaries/Correct Hierarchy	<input type="checkbox"/> Clarity of Roles on Contract <input type="checkbox"/> Sculpting <input type="checkbox"/> Enactments <input type="checkbox"/> Feedback Loops
Lack of Consistent Nurturance	Unconditional Love, Consistent Nurturance	<input type="checkbox"/> Special Outings – PYOCT pp. 301–306 <input type="checkbox"/> Positive Teen or Parent Report – PYOCT p. 60 <input type="checkbox"/> Use of Hugs – PYOCT pp. 313–317 <input type="checkbox"/> Restore Good Feelings – PYOCT pp. 318–319 <input type="checkbox"/> A Trust Bank Account for Teen – PYOCT pp. 319–324 <input type="checkbox"/> Dramatic Movie Clips
Dance of Violence	De-escalation Tactics, Playfulness, Safety	<input type="checkbox"/> Education: 5 Levels of Teen Aggression – PYOCT pp. 221–228 <input type="checkbox"/> Nonviolent Town Meeting – PYOCT pp. 228–232 <input type="checkbox"/> Co-Written Anti-Violence Contract with Teen – PYOCT pp. 234–236 <input type="checkbox"/> Exit and Wait – PYOCT pp. 99–107 <input type="checkbox"/> Non-Aggressive Behavioral Contracts <input type="checkbox"/> Be Playful and Unpredictable – PYOCT pp. 232–233 <input type="checkbox"/> Video or Audio tape Feedback
Different Parent or Marital Philosophies	Same Philosophies or Work Together	<input type="checkbox"/> Glass is Half Empty/Half Full – PYOCT pp. 20–28 <input type="checkbox"/> Show Differences in Feedback Loops <input type="checkbox"/> Contracting: Common Goal with Clear Roles to Get Parents on Same Page
Lack of Support Village	Mobilize or Create a Village	<input type="checkbox"/> Town Meeting to Establish Roles – PYOCT pp. 228–232 <input type="checkbox"/> Behavioral Contract – PYOCT pp. 29–79

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5. Draw your “cheat sheet” of the “Before” and “After” Feedback Loops around the Seed, Symptom, Undercurrents, and Strategic Interventions that were selected. The feedback loops may be drawn in the space provided below and on the next two pages to submit to your PLL Supervisor for review, or you may elect to simply use the feedback loop slides on your Family Plan for your submission. Remember, these “cheat sheets” are to be brought in to your FSS Phase II session.

**Before: What is happening now that is causing the \_\_\_\_\_  
(Symptom/Stressor) and the toxic seed of Misuse of Power to keep growing!**



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After: What will happen in the future with rewards to eliminate \_\_\_\_\_ (Symptom/Stressor) and shrink the toxic seed of Misuse of Power!

Youth  Parent

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**After: What will happen in the future with consequences to eliminate \_\_\_\_\_ (Symptom/Stressor) and shrink the toxic seed of Misuse of Power!**

Youth  Parent

#### Key Points to Remember

- If you are in the Beginner Level of Model Adherence, be sure to send to your PLL Supervisor your completed Phase II Pre-Session Preparation Worksheet for the Family Plan being evaluated for model fidelity.
- Also, remember to be sending in the corresponding Family Plan as each Phase is being completed.