

TOGETHER FACING THE CHALLENGE

A Therapeutic Foster Care
Resource Toolkit
3rd Edition

Foster Parent
Training Manual



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SESSION 1: BUILDING RELATIONSHIPS AND TEACHING COOPERATION

Session Outline

- Welcome
- Ice Breaker
- TFC: An Evidence-Based Intervention
- Activities
- How does trauma affect youth in TFC?
- A Rationale for Providing More Structured Parenting to Youth in TFC
- How does uncooperative behavior develop?
- The Basics of Social Learning Theory
- Tracking Behavior
- Home Practice
- Summary and Wrap-Up

Key Components of Session 1

- Understand that TFTC is an evidence-based practice
- Understand the correlation between relationships and outcomes
- Understand the impact of past trauma on current emotions and behaviors
- Understand how uncooperative behavior develops
- Understand the ABC model
- Understand the key components of tracking a behavior to assist in development of an action plan to address the behavior

HOME PRACTICE: STEPS FOR TRACKING BEHAVIOR

1. Pick one problem behavior you want to work on. What does it look like or sound like?

2. Think of the opposite, positive behavior. What would it look or sound like if the problem behavior didn't occur?

3. Choose a time of day when you can be with and observe your child for about an hour straight for 3 days in a row.

4. During each 1 hour session, watch your child's behavior during 5-10 minute chunks. If you see the problem behavior during that 5-10 minute chunk, put a mark in the problem box. If you see the positive behavior, put a mark in that box. Note: for this step, you'll need a clock or watch nearby.

5. Pay particular attention to what happened right before (aka Antecedent) and right after (aka Consequence) both the problem behavior and the positive behavior. Mark what you see in the box for the day the behavior occurred.

Adapted from: Pacifi, c., Chamberlain, P., & White, L. (2002). *Off road parenting: Practical solutions for difficult behavior*. Eugene, OR: Northwest Media, Inc.

HOME PRACTICE: TRACKING BEHAVIOR FORM

Start Time:	Day 1	Day 2	Day 3
End Time:			
Antecedents Jot down what happens right <u>before the problem</u> behavior occurs →			
Problem Behavior: <div style="border: 1px solid black; height: 40px; width: 100%;"></div> Make a check mark each time (frequency) or write the amount of time (duration) the <u>problem</u> behavior occurs while you observe			
Consequences Jot down what happens right <u>after the problem</u> behavior occurs →			
Antecedents Jot down what happens right <u>before the positive</u> behavior occurs →			
Positive (opposite) Behavior: <div style="border: 1px solid black; height: 40px; width: 100%;"></div> Make a check mark each time (frequency) or write the amount of time (duration) the <u>positive</u> behavior occurs while you observe			
Consequences Jot down what happens right <u>after the positive</u> behavior occurs →			

Adapted from: Pacifi, c., Chamberlain, P., & White, L. (2002). *Off road parenting: Practical solutions for difficult behavior*. Eugene, OR: Northwest Media, Inc.
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SESSION 1 SUMMARY AND WRAP-UP: 3-2-1 REVIEW

- What are three ways you build meaningful relationships with youth in your care?
 - What do the A and the C stand for in this pattern A-B(behavior)-C? Why is it helpful to observe A and C in addition to behaviors?
 - What is the one behavior you are going to track for your home practice?