Define Goals	Ask the child to visualise the situation and define overt behavioural goals for that situation (e.g., starting a conversation, being separated from his or her mother). If necessary, discuss and modify the goal so that it is not so hard that the child will refuse. Remember that small steps are OK, and "not being anxious" is not allowed to be a goal.
ACTIVITY	To the extent possible, practise the exposure together. If the exposure will involve discrete trials of behaviours such as holding one's breath or asking someone a question, it is best to use the . For extended or continuous behaviours, such as standing in a dark room, giving a speech, or touching a feared object, it is best to use the . Date the . Date the . Date the . and write the name of the practice item in the leftmost empty space. During discrete exposure practices, take fear ratings only before and after each trial. During continuous exposure practices, take a rating when you start, then take additional fear ratings at about one minute intervals during the exercise (intervals can be

PRACTICE ASSIGNMENT	If the child has never practised at home before, explain the and its use. Assign exposure practice to be
	completed during the week by filling out a new .
	Typically, the child should be asked to practise on at least 4 different days that week. On the , write the
	items selected and the appropriate instructions (e.g., stop when ratings come down to a). Remind the child that filling out the is just like gathering dues the ratings will help
	us learn what's happening. If the is too difficult
	for the child to use, have a parent assist. It may be necessary to
	give the parent a demonstration of how to use the form by doing a "mini-practice" together.
Review Parent	Tell the parent/s to review the handout after the
Handout	session. Make sure the parent is familiar with the concepts so
	that he or she can assist the child at home if needed.
Send the materials for the next	Tell the parent/s you will send a written summary and the materials for the next session. Remind them that they <u>do not</u>
session	need to be completed for next session as you will go through them together in the session. Tell the parent/s you will also send
	the and which need to
	be completed for the next session.
	Confirm date and time of the next call.
Summarising	Ask if they would like you to summarise the session, if they want
0	to summarise or if you should do it together.

Leave 'Em v v

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