

INSIGHT

During the Insight Phase, internal motivation is more evident. The student and her family are able to verbalize personal insights into what they do and why they do it. They are aware of ego-defense mechanisms and their destructive nature. The student and her family display a willingness to be open and honest, and are working to restore trust. Relationships with others becomes key in learning about self.

<u>Student Assignments:</u>	<u>Date</u>	<u>Signature</u>
1. Earn two beads assigned from your Therapist, and one of your choice for a total of three beads.	_____	_____ Values Coach
2. Keep a daily gratitude journal for two weeks. Check in with your Therapist and Values Coach throughout the experience.	_____	_____ Values Coach
3. Find a quote that is meaningful to you in relation to Insight. Share what it means to you with your Values Coach, and in a Community Meeting or General Group.	_____	_____ Values Coach
4. Create a visual representation of your past, present, and future. Discuss it with your Values Coach.	_____	_____ Values Coach
5. Demonstrate through peer feedback pages (3.1) that the majority of your peers feel that you exemplify the qualities of Insight Level.	_____	_____ Treatment Team
6. After discussing the Three Levels of Communication (3.2), Explore your core issues and core meaning with your Therapist. Identify and understand how they come out in your relationships.	_____	_____ Therapist
7. Show that you accept and apply feedback appropriately.	_____	_____ Treatment Team
8. Show that you demonstrate personal insight in		

daily living. _____
Treatment Team

9. Complete School Requirements. _____
Teacher

Parent Assignments:

10. Parents complete two beads assigned from your Therapist. _____
Therapist

11. After discussing the Three Levels of Communication (3.2), parents should explore their core issues and core meaning and identify how they come out in their relationships. _____
Therapist

12. Parents demonstrate an understanding and application of the principles of communication. _____
Therapist

Family Assignments:

13. Each member can show that they are in the habit of accepting feedback and participating maturely in family therapy. _____
Therapist

14. As a family discuss each member's core issues and core meaning using the Core Issue/Core Meaning Worksheet. (3.3) Identify how they contribute to patterns in the family. _____
Therapist

15. Family members demonstrate their ability to listen reflectively to each other during family therapy. _____
Therapist

16. Parents and student begin to identify what "healthy support" means to them, and the people in their life who qualify as such. _____
Therapist

Transition Preparation:

17. Discuss the Three Levels of Communication and Reflective Listening worksheets. (3.2) Practice using these skills. _____

Therapist

18. Practice using negotiation skills and be willing to work through power struggles and lose/lose situations. Also discuss skills that will be used in your home. Use the Negotiation Module to help. (3.4) _____

Therapist

19. In Family Therapy, run a family community meeting with your Therapist monitoring. Use the “family community meeting” sheet as a guide. (3.5) _____

Therapist

20. The family will discuss current roles and how they are either working or not working in their family. The family will identify what roles are important to have in their home moving forward. (3.6) _____

Therapist