

EXPLORATION

On Exploration Phase of healing the student is still externally motivated while she and her family begin to explore and rediscover their values. They learn and establishes an attitude of openness to new information about themselves, specifically self-defeating behaviors. The student still manifests the necessity of continual staff direction. She is mostly teachable, open to learn in therapy and school, and is compliant with expectations. The family is able to give feedback in respectful ways and receive it non-defensively, as well as identify and acknowledge treatment issues.

Student Assignments:

<u>Student Assignments:</u>	<u>Date</u>	<u>Signature</u>
1. Earn the Love value bead (2.1), one assigned from your Therapist, and one of your choice for a total of 3 beads.	_____	_____ Values Coach
2. Using New Haven's list of values (2.2), make your own personal list of at least 10 values, and define what each value means to you. You can use the Personal Prioritized Values List to help you (2.2) Discuss your list with your Therapist.	_____	_____ Therapist
3. Write a page on why your values are important to you. Include whether or not your actions match your values. Discuss with your Therapist.	_____	_____ Therapist
4. Find a quote that is meaningful to you in relation to Exploration. Share what it means to you with your Values Coach, and in either a Community Meeting or General Group.	_____	_____ Values Coach
5. Participate willingly in Recreational Therapy activities.	_____	_____ Rec Therapist
6. Demonstrate through Peer Feedback Pages (2.3) that the majority of your peers feel you are striving to be a positive member of the community.	_____	_____ Treatment Team
7. Show that you are compliant with community rules, that you are open to new information about yourself, and that you are learning to give and receive feedback in respectful and non-defensive ways.	_____	_____ Treatment Team
8. Complete an autobiography using the outline (2.4) provided. Discuss it with your therapist.	_____	_____ Therapist

9. Complete School Requirements

Teacher

Parent Assignments:

10. Using New Haven's list of values, make your own personal list of at least 10 values, and define what each value means to you. You can use the Personal Prioritized Values List (2.2) to help you. Discuss your list with your Therapist.

Therapist

11. Write a page on why your values are important to you. Include whether or not your actions match your values. Discuss with your Therapist.

Therapist

12. Parents demonstrate an understanding and application of emotional safety principles, by completing the Emotional Safety Module (2.5) found in this section.

Therapist

13. Parents demonstrate ownership of their role/part in the system.

Therapist

14. Parents practice using responsible language in therapy and family phone calls.

Therapist

15. Parents complete an autobiography, including exploring their parenting philosophy, using the outline (2.6) provided.

Therapist

Family Assignments:

16. All family members are actively exploring themselves and their family relationships in Family Therapy sessions.

Therapist

17. In family therapy discuss each family member's autobiography.

Therapist

18. Review the Emotional Safety Module (2.5). Define safety in relationships and discuss ways to create safety in your family. Discuss your commitment to Therapy.

Therapist

19. Read the information on Ego Defense Mechanisms and Thinking Errors (2.7). Each family member list ego-defense mechanisms or thinking errors they use. Discuss how these hurt or help your relationships and your self-esteem.

Therapist

Transition Preparation:

20. As a family create a list of values and a list of strengths using the worksheets found in this section (2.8) The family will use this list at New Haven, as well as when setting up structure in their home.

Therapist

21. Using the Love Currency Worksheet (2.9), the family will discuss each member's love language, and effective ways to show love to each other.

Therapist