MODEL ADHERENCE CHECKLIST
PHASE II PRE-SESSION PREPARATION WORKSHEET

All PLL therapists in the Beginner Level of Model Adherence are to photocopy, complete, and submit this Phase II Pre-Session Preparation Worksheet, along with your corresponding Family Plan, for one family of each cohort until you have moved into the Intermediate Level of Model Adherence.

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 I
   a. Top Seed pick to focus on first ____________________________
   b. Second Seed pick ____________________________

3. Check the box beside the undercurrents listed next 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.

   Please note: These three 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 unhealthy undercurrents within the seed pick that are directly responsible for causing the symptom pick for this particular family to occur?”

   Misuse of Power
   □ Empty Threats – No Empty Threats
   □ Caustic Communication – Soft Talk, Calm Voice, Praise/Appreciation
   □ Lack of Consistent Discipline – Consistent Discipline
   □ Role Confusion – Role Clarity