

Strategy Session

For

Parents

(New to Street Smart)

- Have you lost the mood for theories and concepts that don't technically move your family's life forward?
- Have you received solutions from professionals and the medical community that leave your instincts completely unsatisfied?
- Do you ever feel frustrated that after consulting "educated professionals" that nobody was able to actually tell you **"what to physically do"** about your struggling child?

Then it is time to create a plan that removes uncertainty and confusion and gives you very clear action steps that you can begin within hours of learning them.

"Think of everything in this world, and your life that has gone well. Notice that "Action" was the direct cause of all of it."

Tom Barthel

See next page for overview

In our time together, we will take on:

1. Observing the “big picture” of your problem:

- a. What are the symptoms of the problem you are facing?
- b. Is that different than the underlying problem?
- c. What is the true level of communication between you, your partner, and your child?

2. Where your family is at right now:

- a. What are the unique details of where your family is at right now?
- b. Do you have no problem at all but you would like to prevent one?
 - i. Or do you have a growing concern that you want to keep from spiralling out of control?
 - ii. Or are you in flat out crisis?
- c. How I can meet your needs at this exact point in time to get you to the next milestone of success.

3. The driving forces behind the problem:

- a. “Who” and “What” are the forces driving this problem you have.
- b. Why are they doing that, and where is the effective place to get started addressing them.

4. The solutions to remedy those driving forces:

- a. What we can do that ignores the symptoms, and start to remove the underlying issue.
- b. Where those resources are found, who has them, how to obtain them for yourself.

5. The “Big Picture Map” for the long term:

- a. A 5-10 year road map so you can understand the relevance of everything that matters now, what will matter later on, and what you shouldn't be doing because it doesn't matter in the long run.

6. A step by step action plan for the short term:

- a. An action step starting with the first night after our session together, followed by chronological action steps for the following 4-5 weeks.
- b. This will transition into the long term plan.

See next page for a thorough breakdown:

Call Tom now to speak in person. Let him listen to your needs.

403-391-4184

Share this with as many families in need as you feel comfortable

Strategy Session

Basic Template For Parents

The Problem:

1. What are the symptoms your child/family member is showing that indicate there is a problem? What is the behaviour?

2. What do you perceive your problem is?

3. What does your parenting partner perceive the problem to be?

4. What do other people tell you the problem is?

Communication

5. How much communication around this problem have you had on a scale of 1-10?
 - a. With your partner? (little) 1 2 3 4 5 6 7 8 9 10 (a lot)
 - b. With your troubled child/family member 1 2 3 4 5 6 7 8 9 10
6. What is one thought you have had about this problem that you have not shared with your partner?

 - a. A thought that you have not shared with anyone?

Where your family is at right now:

1. What are the **details** (not the dramatic story) of what has transpired in the last 4 -8 months in your family that are not desirable, insufficient, and don't impress you?

See next page for more:

2. What are the names of the people who are participating in this problem?
 - a. Names of people contributing to the problem (your opinion)

 - b. Names of people trying to solve the problem (your opinion)

 - c. Names of people that are directly troubled and you would like to help (your opinion)

3. What has been the history of your troubled child/family member?
 - a. Most recent past:

 - b. Most distant past:

4. What is one current challenge you would like to see results for immediately within 7-14 days to give you confidence that there is hope for the future and relief for yourself from the stress you are enduring?

The “Driving Forces” behind your problem:

1. Who are the people that have contributed to the problem you have today?
 - i. _____
 - ii. _____
 - iii. _____
2. “What” are the forces driving this problem that you have.
 - i. _____
 - ii. _____
 - iii. _____
3. To what degree have these people listened when you tried to teach them otherwise?
 - i. 1 2 3 4 5 6 7 8 9 10 name _____
 - ii. 1 2 3 4 5 6 7 8 9 10 name _____
 - iii. 1 2 3 4 5 6 7 8 9 10 name _____
4. Why are they doing that, and where is the effective place to get started addressing them.
 - i. Why? _____
Where? _____
 - ii. Why? _____
Where? _____
 - iii. Why? _____
Where? _____

See next page for more:

The “Solutions to Remedy” those driving forces:

1. What we can do that ignores the symptoms, and start to remove the underlying issue.
 - i. Action step: _____
 - ii. Action step: _____
 - iii. Action step: _____

2. Where those resources are found, who has them, how to obtain them for yourself.
 - i. Special resource. _____
 - ii. Special resource. _____
 - iii. Special resource. _____

A “Big Picture” map for the long term: (to organize your overall strategy, and plan of attack).

1. What you can expect for the future of your child if he backs down from the challenge of recovery (given their personality type).

 - a. Knowing this to be true these few actions from you are:
 - i. Valuable in the long run:

 - ii. A complete waste of time:

2. What you can expect for the future for your child if he/she steps up to the challenge of recovery (given their personality type).

 - a. Knowing this to be true these few actions from you are:
 - i. Valuable in the long run:

 - ii. A complete waste of time:

See next page for more:

A “Step by Step” action plan for the short term: (to organize your action steps from this point forward)

1. This action plan is chronological and concise.
 - a. It describes what your physical action steps are supposed to be.
 - b. What words to say to your child, what not to say.
 - c. Comes in the format of step 1 first, then complete, then do step 2.
 - d. When you get to step 15 (final step) your plan for the next few years will be set, and you will not be confused as to how to address future issues.
 - e. All the resources to carry out each action step will be made available to you.

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