



BOUNDARY PROJECT

12 SESSION PARENT-CHILD TREATMENT OBJECTIVES

My parent and I meet separately yet do four things the same each session...

Point to how I feel feeling...



(or add my very own!)

... choose a size for my feeling.



Relax my body



and focus my mind

Show my parent what I learned...



(and see what my parent learned!)

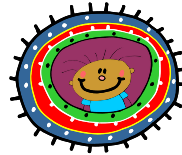
My parent and I will learn and practice new skills together

1. Introductions & Safety



Safety review, session structure, & getting to know each other

2. What is a Boundary?



Defining physical and emotional boundaries and how they make us feel

3. Coping with Tension



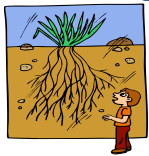
Rating our feelings... & safe expression of BIG feelings

4. Three Kinds of Touches



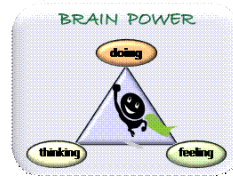
(safe or loving touch)
Learn & discuss loving, ouch, & uh-oh touches

5. Why did the problem start and how did it grow?



Looking at the Roots of our Problem

6. Learning the CBT Triangle



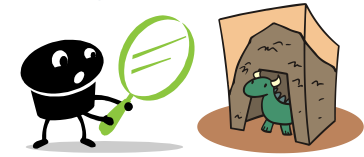
Thoughts - Feelings - Actions

7. Impulse Control



My Brain & the Touching Problem

8. Taking a Look Inside



Externalizing and shrinking the problem together

9. Personal Mastery



Self-Esteem Building:
Identifying my superhero powers!

10. Identifying My Resources



Supports and Asking for Help
Play Activity: Flowers in Vase

11. Lesson Review



Review and Family Safety Planning

12. Personal Safety



and
Goodbye Celebration & Graduation

