



Caregiver Block Chair-Work Record Form

Caregiver Block #:

Date of Session:

Initials of Caregiver Client:

Caregiver is:

Block relates to:

1) What was the behavioural marker? (*e.g., don't hold the limits, avoid conflict, criticize, blame the other, don't validate*)

2) What was the protective function of the behaviour for the loved one? (*e.g., lose the loved one through depression/suicide, running away/delinquency*)

3) What was the protective function/benefit of the behaviour for caregiver? (*e.g., prevent shame of losing the loved one or being a bad caregiver*)

Did you highlight the caregiver's low self-efficacy related to the emotion above?

4) What was the loved one's response in Step 4?

1st layer (*anger, resignation, agreement, other*):

2nd layer (*vulnerable emotions - sadness, shame, fear, other*):

Did the loved one validate caregiver based on child's behaviour?

(*e.g., because I know I can be stubborn*)

Did the loved one express deep love prior to switching to next step?

5) For Step 5, what was the caregiver's response (including emotions)?

What was their behavioural commitment?

- a. Was it specific to the identified behavior related to the block?
- b. Was it achievable?

6) What did the caregiver report during the debrief?

7) Were the steps followed in order and with the support of the script in hand?
If not, what were the circumstances that led to those changes?

9) Consider:

- a) Any questions about the process?
- b) Any clinician emotional reactions throughout the process?
- c) What impact do you feel this intervention had for this caregiver and/or family?