

Adolescent Session Technique Selector

For licensed therapists. Match adolescent therapy techniques to developmental band, privacy, safety, and one reviewable practice. Not a full protocol.

Client / session date: _____ Clinician: _____

1. Developmental band this week

- | | |
|--|---|
| ☐ Early adolescence | ☐ Middle adolescence |
| ☐ Late adolescence / emerging adult-in-family | |

2. System and privacy

Who consented / who may receive updates

- | | |
|--|--|
| ☐ Privacy limits restated with teen today | ☐ Caregiver segment planned |
| ☐ School contact needed | |

Caregiver segment length / school focus (if any)

3. Active target (primary)

- | | |
|--|---|
| ☐ Alliance / privacy testing | ☐ Avoidance / school threshold |
| ☐ Rumination / harsh self-talk | ☐ Emotion surge / self-harm urge |
| ☐ Peer / social media injury | ☐ Family conflict |
| ☐ Identity / disclosure pacing | ☐ Trauma reminders |
| ☐ Attention / sensory / EF barriers | |

Other (name)

4. Technique chosen today

- | | |
|---|--|
| ☐ Choice-based check-in / collaborative agenda | ☐ Behavioral activation / exposure step |
| ☐ Cognitive restructuring or defusion | ☐ Distress-tolerance / safety plan |
| ☐ Role play / social script | ☐ Structured family segment |
| ☐ Values / paced disclosure planning | ☐ Grounding / stabilization |

Other (name)

5. Stop-rule / safety check

- | | |
|--|---|
| ☐ Imminent risk unclear or elevated | ☐ Abuse / trafficking concern |
| ☐ Substance use or psychosis primary | ☐ Caregiver coercion blocking free participation |
| ☐ Needs higher-intensity specialty care | |

If any checked, alternative next step

6. One reviewable practice

Exact between-session action

Cue that will trigger practice

Barrier to plan for

Caregiver role (if any)

What counts as useful data

7. Next-session review

First question next visit

System cue to scan first (home / school / peer)