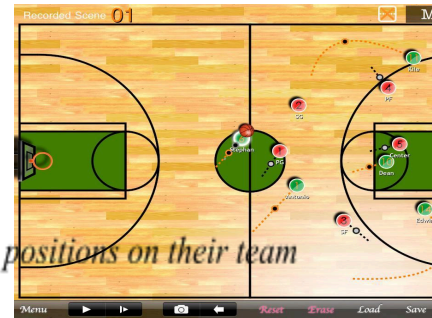


WHAT IS TBS? *TBS is a lot like sports practice*

1. Rules/Plays- *players need to learn the rules to play the game (child & caregivers)*

- Expectations- clear and developmentally realistic (Ex: 3 Rules of Anger)
- Structure/Routine established
- Consistent/ Appropriate consequences established (pos & neg)
- Boundaries/Roles Established



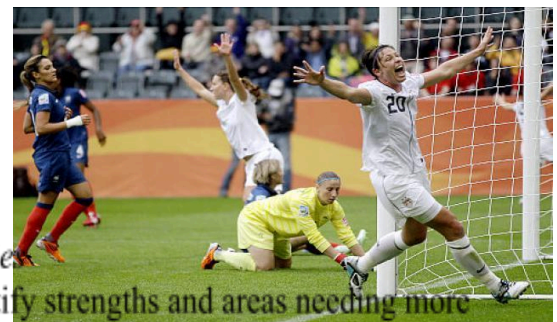
2. Drills/Skills Practice- *players need to learn the skills to adequately play their positions on their team*

- Anger Management Skills
- Relaxation Skills
- Communication/ Social Skills
- Decision Making/ Problem Solving skills
- Coping skills to help ct. get underlying needs met
- Anger management skills ***



3. Games *Players need to practice using skills in real games*

- Families must practice skills in real life situations to really master them
- TBS Coach “coaches” from the sidelines like a sports coach does
- Don’t send the players out too soon to play a game if they don’t know the rules or skills**
(set them up for success NOT failure)
(It wouldn’t be productive to send a group of children, who have never played soccer, onto a field to play a game without teaching them skills first)



4. Reassessment- *teams look at Replay videos to improve their strategies*

- Review recent target behavior incidents with families to identify strengths and areas needing more training
- Review time is normal to improve. All the top athletes review game video to improve and fine tune their skills.

