

## Engagement Strategies

- Go in “believing” the child or adolescent’s perceptions.
- Separate your feelings about behavior from child or adolescent.
- Understand that in spite of client “attitude” this is a child or adolescent who is struggling with emotional injury.
- Keep in mind the “truth” of this child or adolescent’s life is somewhere in between what everyone is telling you.
- Recognize that “success” can have many layers.
- Don’t expect kids to always be polite.
- Validate child’s/adolescent’s anger at treatment.
- If a meeting does not go well, and you DO feel like you’ve caused a problem, check that out with the child or adolescent.

## Engagement Strategies (continued)

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- **Active listening**
  - **Body language**
  - **Use of humor**
  - **Insight**
  - **Assessment/Treatment for depression**
  - **Collaboration with Student Assistance Program (SAP)**