

Practice Exercise: Exploring Benefits and Engaging the Client

Choose a client from your caseload that has exhibited a behavior that is worthy of reinforcement. Identify short- and long-term benefits that would be important to explore with this client when discussing Step 4. Identify some open-ended questions you could use to engage the client.

What is the behavior you are reinforcing: _____

What are the short-term benefits you see that you would like for the client to identify? _____

The long-term benefits? _____

List 3-5 open-ended questions to elicit these from the client.

1. _____

2. _____

3. _____

4. _____

5. _____
