



Plan-it Therapy cards are an innovative treatment planning resource that can help therapists prepare for sessions in minutes. Each deck has 50 planned interventions that draw from CBT, motivational interviewing, and other evidence-based practices.



Drivers

Objective: *Awareness of triggers and emotional reactions*

1. Ask the client to imagine that an emotion they struggle with is driving a car, and they are a passenger. What kind of driver is this emotion? How does it feel to be in the car when the emotion drives? What does it drive towards and away from? Does it keep the client from being where they need to be, or from being on time?
2. Use this metaphor to help the client identify the impact of this emotion on their choices and behaviors. Help them identify what specific skills get them back in the driver's seat, instead of the passenger seat.

Our Products

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50 fun and interactive play therapy and CBT interventions for school-aged children struggling with behavioral issues, social skills, or emotion regulation.

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