

Response Category	Target Factor	Description	Example
Tracking Behavior	Set tone for relationship – sending message child is in lead	Therapist verbally responds to behavior of the child by stating what is observed.	“You’re picking that up.”
Reflecting Content	Build empathy Model social skills Develop self-concept	Therapist paraphrases the verbal interaction of the child.	“You went to see the pirate movie and there was a lot of action in it.”
Reflecting Feeling	Build empathy Model social skills Develop self-concept	Therapist verbally responds to emotions expressed by child.	“You’re angry about being here and want to go home.”
Returning Responsibility	Increase emotional regulation Improve decision-making Increase sense of capability Build self-responsibility	Therapist verbalizes statements to help children experience their own capability and take responsibility for it.	“You decided you would be the boss and take charge.” “That looks like something you can do.”
Facilitating Creativity	Encourage emotional expression Expand coping skills	Therapist verbalizes statements that help a child experience a sense of freedom and creativity.	“In here, it can be whatever you want it be.”
Esteem-Building	Develop self-concept Increase sense of capability	Therapist verbalizes statements to help children experience a stronger and capable sense of self.	“You did it. You tried hard and figured it out.”
Facilitating Relationship	Build empathy Deepen relationship	Therapist reflects statements that build the relationship between therapist and child.	“You wanted to be close to me.” “You wanted to do something to help me.”
Reflecting Deeper Meaning	Build empathy Deepen relationship Develop self-concept	Therapist notices and verbalizes patterns in the child’s play.	“When you come into the playroom, you want to be the one in charge.”
Limit-Setting	Increase emotional regulation Improve decision-making Build self-responsibility	Limits are set according to a 3-step procedure of reflecting the child’s intention of feeling, setting a definitive limit, and providing an appropriate alternative	“You are really angry with me but I’m not for throwing sand at. You can throw the sand in the sandbox.”

2/22/2023