

# CHECKLIST FOR RATING YOUR LSCI SKILLS



Name of Staff Person: \_\_\_\_\_ Name of Youth: \_\_\_\_\_

Start and End Time of LSCI: \_\_\_\_\_ Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## Part One

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Check the type of Reclaiming intervention selected by the Interviewer:

- ☐ Red Flag intervention
- ☐ Reality Check intervention
- ☐ New Tools intervention
- ☐ Benign Confrontation intervention
- ☐ Regulate and Restore intervention
- ☐ Peer Manipulation intervention

Check the steps the Interviewer used during the LSCI:

- ☐ Drain Off of emotional intensity
- ☐ Develop an accurate Timeline
- ☐ Define the Central Issue and select the most appropriate LSCI intervention
- ☐ Assist the youth in gaining Insight into self-defeating behavior patterns
- ☐ Develop a plan and practice New Skills
- ☐ Assist with Transfer of Learning and transition to ongoing activity

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## Part Two

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From the following list, rate the skills the Interviewer used effectively during the LSCI:

- 1 Almost never
- 2 Sometimes
- 3 Often
- 4 Most always

<b>NON-VERBAL BODY LANGUAGE</b>
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Conveys support and alliance through body posture:	1	2	3	4
Uses eye contact or the opposite as needed to provide "space":	1	2	3	4
Varies voice quality and volume as needed:	1	2	3	4
Maintains physical proximity or distance as needed:	1	2	3	4

<b>RELATIONSHIP SKILLS</b>
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Engages in active listening:	1	2	3	4
Communicates respect for students:	1	2	3	4
Conveys confidence and optimism:	1	2	3	4
Avoids value judgments:	1	2	3	4
Avoids counter-aggression:	1	2	3	4

<b>VERBAL STYLE</b>
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Uses concrete words for clarity:	1	2	3	4
Decodes and affirms accurately:	1	2	3	4
Uses imagery to motivate:	1	2	3	4
Maximizes youth talk:	1	2	3	4
Uses a Timeline to help youth organize events:	1	2	3	4
Assists youth in seeing cause-and-effect relationships:	1	2	3	4
Uses "I-messages" vs. "You-messages"	1	2	3	4