Exhibit 4.1: TEEN Modules

Module 1: Socialization and Alliance Building

1. Introduction of the TEEN model: Goals and tasks of treatment
2. Rationale for negotiation vs. negation
3. Converting complaints into problems
4. Preliminary goal establishment
5. Introduction to the feeling thermometer
6. Introduction to homework

Module 2: Problem Identification

1. Problem-solving parable
2. Preliminary problem list
3. Prioritizing problems
4. Converting problems to goals

Module 3: Strengths and Positives Identification

1. Balancing positive and negative attributes
2. Identification of positive skills and strengths
3. Matching strengths to problems
4. Constructing a strengths list

Module 4: Negotiation Skills Training
1. Identifying common goals
2. Identifying points of agreement
3. “Part of something is better than all of nothing” thinking
4. Brainstorming and generating options
5. Evaluating options

Module 5: Applying Negotiation Skills
1. Getting what you need
2. Trying to get what you want
3. Giving to get
4. Identifying the least amount of change acceptable at the lowest cost

Module 6: Tracking Success
1. How is progress measured?
2. How to predict success
3. How to prepare for setbacks
4. Re-negotiation and updating change
5. Taking over as the primary therapist
6. Maintenance and booster scheduling