

# Person-Centered Process Facilitator Tip Sheet



**# 1 The Dream:** With this frame we want to help the person identify their dream for the future, including all the ideas, values, people and things that are important to them. List anything that is important for the person to realize the kind of life they desire.

**# 2 People:** List the people who are present in the person's life. Place their name in the appropriate section of the circle. Place the name of individuals who are closest to the person in or near the inner circle.

**# 3 Places:** List the people who are present in the person's life. Place their name in the appropriate section of the circle. Place the name of individuals who are closest to the person in or near the inner circle.

**# 4 Health:** Describe the individual's health by listing any positive or negative conditions. Indicate any medications the individual is currently taking.

**# 5 History:** Indicate some of the critical events that occurred in the person's life from birth until today. Put a "\*" next to any positive events. Put a "-" next to any negative events.

**# 6 Choices:** What choices can the individual make within his personal and academic life? Identify what choices are presented to the individual within both areas.

**# 7 Respect:** List any behaviors or characteristics of the person that cause him/her to gain or lose respect or his/her peers or adults. Under "Gains" list those things you really like about the person. Under "Loses" list those behaviors that you do not like to see.

**# 8 What Works and What Doesn't:** What strategies work well for the individual? What strategies have not been as successful or cause the challenging behavior to increase?

**#9 Hopes and Fears:** Identify the hopes and fears you have for this individual. Under "Hopes" list what is possible if we do the best we can. Under "Fears" list what is possible if things do not improve or get worse.

**# 10 Challenges and Opportunities:** What are some barriers and opportunities for this individual and his/her team?

**# 11 Themes:** Identify any patterns or themes you found throughout this process. List at least one main point from each of the other frames that you want to share with the team.

**# 12 Goals:** List the goals that you would like to see achieved one year from today. Think about what might be possible if everyone tries there hardest. Consider any outcome as long as it is POSSIBLE and POSITIVE.

**# 13 First Steps:** What actions can be taken immediately? These steps can be small.