



Engagement Gap Checklist

Client: _____

Date: _____

Check all that apply during or after your first session. Use this to prioritize which barriers you'll address first.

Scheduling & Time

- ☐ Parent frequently cancels or reschedules sessions
- ☐ Sessions conflict with work/school/childcare demands
- ☐ Parent reports “no time” for between-session practice

Stress & Emotional Load

- ☐ Parent appears overwhelmed or burned out
- ☐ Competing crises (health, financial, housing, etc.) are present
- ☐ Low confidence in their ability to help their child (“I’m not good at this”)

Tech & Access

- ☐ Parent struggles to access or use online training tools
- ☐ Limited internet/device availability
- ☐ Distracted environment (noise, siblings, competing demands)

Buy-In & Perceived Value

- ☐ Parent questions whether ABA/parent training is worth it
- ☐ Parent reports “we’ve tried that before”
- ☐ Parent focuses only on immediate crises, not long-term goals
- ☐ Family values/goals not yet clearly linked to ABA strategies



Follow-Through Patterns

- Parent attends sessions but rarely completes practice
- Parent forgets or inconsistently implements strategies
- Parent avoids or delays trying new skills

Priority Focus

From the items checked above, circle or note: 1–2 barriers that seem most urgent to address this week.

Tip for Use

Pair this with the ACT Matrix results. If barriers are checked here but not surfaced in values/barriers mapping, revisit with the parent.