

From needs to implementation:

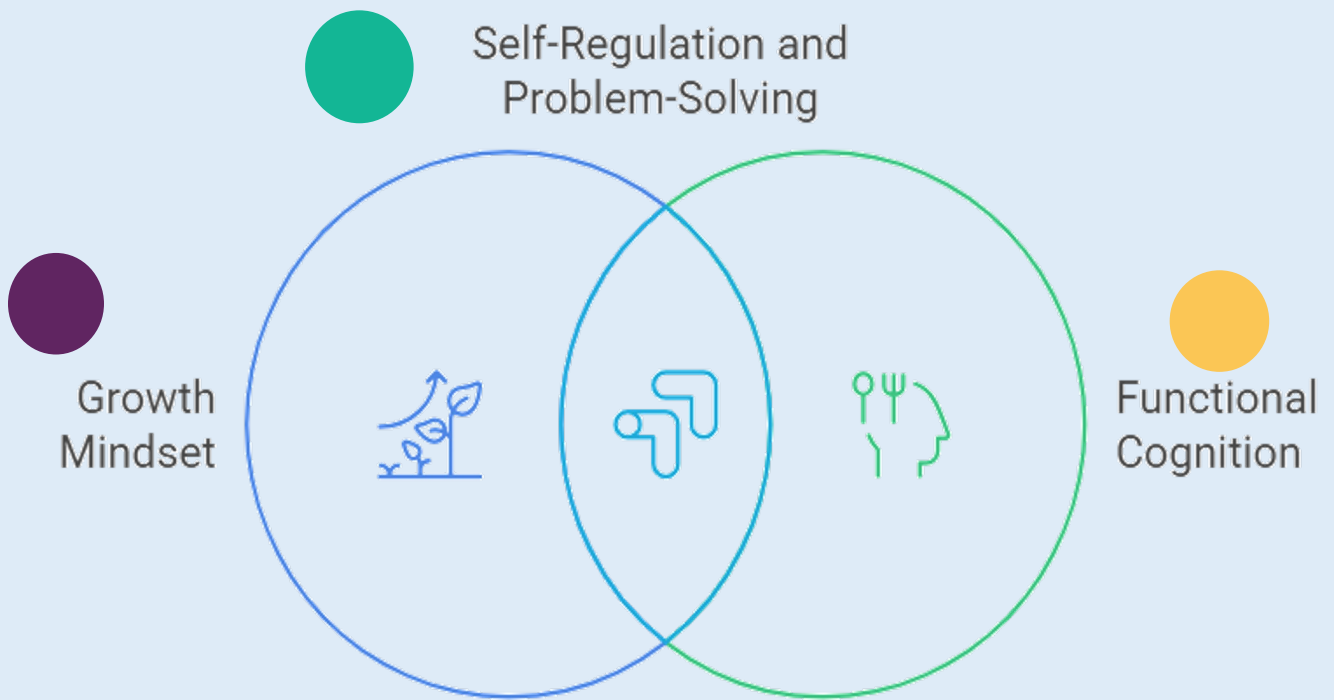
development of an
intervention protocol to
promote a
growth mindset for
adolescents in Youth Custody
Authority Settings

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In memory of Carmel Gat.



Bridging Growth Mindset and Functional Cognition



Adolescents in custodial settings face complex emotional, functional, and social challenges

Most growth mindset interventions focus on academic success

Functional daily life skills and real-world application are largely neglected

Our study developed a structured intervention protocol, grounded in Functional cognitive principles, bridging growth mindset theory and daily life skills.

Research Design

Four focus groups

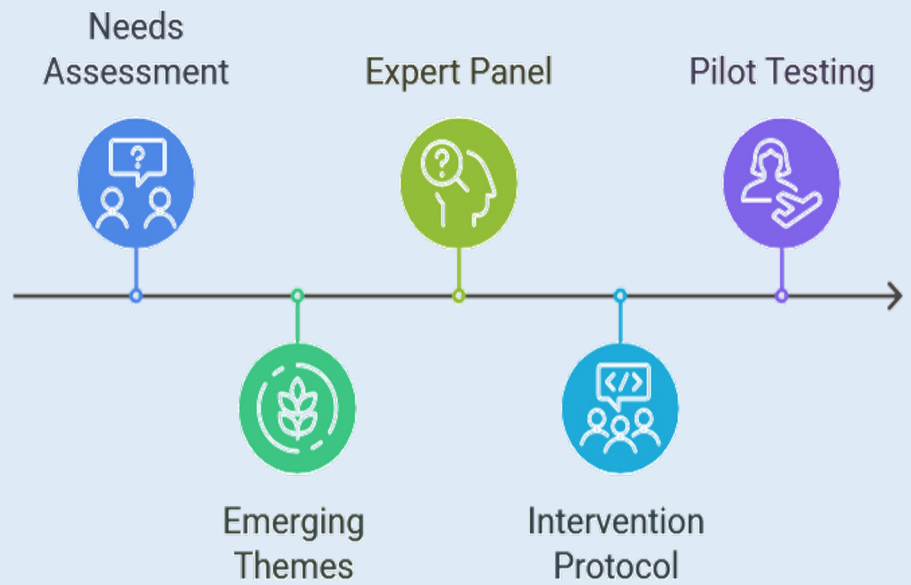
(n =20)

9 staff members -
counselors, social
worker, manager ;

4 female
adolescents,

3 female
graduates

4 external OT
advisory
experts



Gaps factors

Transition to independent living

The ability to provide feedback

Limited staff capabilities

“Current goals are indeed functional, but they are basic and do not necessarily lead to independence when leaving the boarding school.”

“Feedback often focuses on success/failure rather than reflection and strategies for improvement”

Intervention Protocol



The protocol is designed to promote a **deeper understanding** of growth mindset facilitation while providing **practical tools** for applying it to the participants' day-to-day functioning

Step 1

Learning

Four group **psycho-educational sessions**: Two face-to-face, two online

Step 2

Experiencing

Eight online one-on-one sessions

Step 3

Applying

Group intervention held by the counselors under OT guidance

The most meaningful part was working with the girls on short-term, focused goals. That process felt both impactful and manageable.

The staff emphasized that they learn best by doing, something that was strongly reflected in the hands-on, personal training approach we used.