

## Sample Session Format (Sessions 1-10)

### Getting Started

- Session 1: Introduction, Targeting Goals
- Session 2: Eight Positive Attitudes for Success, Consequences of Substance Use
- Session 3: Evaluating Substance Use in Different Life Areas, Stages of Change
- Session 4: Strategies for Change, Motivation for Change
- Session 5: Readiness Statement, Goal-setting

### Basic Cognitive Skills

- Session 6: The ABCs and Rational Self-Counseling
- Session 7: The Five Rules for Rational Thinking, How to do a Camera Check
- Session 8: Rational Challenges, Examining Consequences
- Session 9: How to do an RSA
- Session 10: Continuing RSAs

Facilitators are encouraged to maximize session time by having participants complete Journal pages between sessions for homework. In addition, it may be beneficial to assign behavioral homework activities to reinforce key concepts. By assigning Journal pages and behavioral homework, participants can practice and rehearse skills learned in session and report back on the effectiveness of the out-of-session implementation. It is also suggested that facilitators review homework at the beginning of each session to remind participants what was previously covered and how it relates to upcoming material to promote continuity of program content.

Facilitators should take into account group dynamics and program format when selecting facilitation strategies. Before each session begins, review and select which pages will be interactive and directly facilitated with the suggested strategies and which will be discussion-based or Journal homework. Reproducible session planning sheets are provided in this Facilitator Guide on page 15.

### Core Skills

- Session 11: Introduction, Irrational Beliefs about Substance Use
- Session 12: Irrational Beliefs about Criminal Behavior, Maintaining Goals with Rational Thinking
- Session 13: Self-control, Maintaining Your Goals with Self-control
- Session 14: Practice Effective Communication: Listening, Body Language, Talking
- Session 15: Applying Effective Communication
- Session 16: Building Healthy Relationships
- Session 17: Creating Your Support Network, Statement of Change, Where I Want to Go

### Recovery Maintenance

- Session 18: Introduction, What is Relapse? What is Recovery? Skills to Maintain My Recovery
- Session 19: What are Relapse Warning Signs? Urges and Cravings
- Session 20: Negative Attitudes, Emotional States, Coping Skills
- Session 21: Conflict with Others, Social Pressure, Lifestyle Imbalance
- Session 22: Logging and Tracking, My Recovery Maintenance Plan
- Session 23: My Recovery Maintenance Plan (continued), Reviewing My Goals
- Session 24: Identifying Programs and Resources, My Statement of Change, Responsible Living

Facilitators should work with their DAP Coordinator if programming varies from the 24-session format.

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