

## THERAPIST HANDOUT 3.1

# Objectives, Materials Needed, Procedures, and Client Handouts

## *Assessment Session for Group and Individual Therapy*

### SESSION OBJECTIVES

- Gather background and substance use history information.
- Gather data to be used for feedback in treatment.
- Describe treatment approach.
- Give homework and instructions for Session 1.

### ASSESSMENT MEASURES

- Core assessment: Background and problem history information (agency or therapist determined)
- Alcohol Use Disorders Identification Test (AUDIT; Appendix A)
- Drug Abuse Screening Test, 10-item version (DAST-10; Appendix B)
- Timeline Followback (Therapist Handout 3.2 for alcohol use; Therapist Handout 3.3 for drug use)
- Drug Use History Questionnaire (DUHQ; Appendix C) and card sort
- Readiness ruler
- Brief Situational Confidence Questionnaire (BSCQ; Appendix D)
- Where Are You Now Scale form (Client Handout 3.6)
- Decisional balance exercise (Client Handout 3.1)
- Goal evaluation form (abstinence: Client Handout 3.4; low-risk limited drinking: Client Handout 3.5)
- Self-monitoring logs (alcohol use: Client Handout 3.2; drug use: Client Handout 3.3)
- Introduction to groups (Client Handout 5.1 for clients who will participate in group therapy)

### OVERVIEW OF ASSESSMENT SESSION

- Introduction, confidentiality, informed consent to treatment.
- Explain key points of treatment approach as shown below (e.g., GSC: Time limited with additional sessions if needed; homework exercises and self-monitoring logs completed outside of sessions; feedback from the assessment measures; learning to use a problem-solving approach to deal with problems; taking responsibility for changing and guiding own change plan).

“The Guided Self-Change program helps you guide your own change and is designed to have you take responsibility for your own change. You will learn how to use a problem-solving approach to deal with your alcohol or drug use and other problems. As part of the program, we are going to ask you to complete some short readings and homework exercises and to keep records of your alcohol and drug use and urges. When people work on things outside of sessions and bring them back in, it helps accelerate their change. For that reason, it is very important to do the assigned homework exercises. The program consists of four semi-structured sessions plus today’s assessment. In the fourth session, we’ll review your progress and you can decide at that time whether you would like more sessions. One month after your last session I will call you to see how you are doing.”

(cont.)

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**Objectives, Materials Needed, Procedures, and Client Handouts** (page 2 of 2)

- Purpose of assessment: To gather information on presenting problem(s).
- For clients who will be participating in group therapy, discuss any concerns about being in a therapy group.
- End of assessment interview: Ask what stood out today, ask for questions, schedule next session.

**ASSESSMENT PROCEDURES**

- Introduction: Start with an open-ended discussion that uses a motivational approach and ask what brought the client to treatment, expectations from treatment, and explain what the assessment session is and how long.
- Explain and get a signed informed consent for treatment.
- Complete core assessment, which includes demographic and substance use history and problems (agency or therapist determined).
- Complete AUDIT, DAST-10, DUHQ, BSCQ, readiness ruler, Where Are You Now Scale.
- Complete 90-day pretreatment Timeline Followback for alcohol or drug use or both.

**CLIENT HANDOUTS**

- Decisional balance exercise
- Goal evaluation
- Self-monitoring logs

**DISCUSS WITH POTENTIAL GROUP THERAPY MEMBERS**

- Give introduction to groups handout.
- Discuss group rules, including confidentiality.
- All members need to participate regularly and share information about themselves.
- Members are expected to provide feedback and support to other members.
- Research has found that groups are as effective as individual therapy.

**COMPLETE BEFORE SESSION 1**

- Prepare personalized feedback on alcohol use (Client Handout 4.2) or drug use (Client Handout 4.3) or, if applicable, both.
- Prepare personalized BSCQ graph for Session 2 (Client Handout 4.7).
- For group clients, make enough copies of Client Handout 5.1 to distribute to all members at the first group meeting.