

**THERAPIST HANDOUT 4.3**

**Objectives, Procedures, Client Handouts,  
and Clinical Guidelines and Dialogues**  
*Individual Session 3*

**SESSION OBJECTIVES**

- Review client's progress.
- Discuss client's change plans.

**PRIOR TO SESSION**

- Get new homework for clients.
  - Request for Additional Sessions form (Client Handout 4.10)
  - Goal evaluation form (Client Handout 3.4 for members with an abstinence goal; Client Handout 3.5 for members with a low-risk limited drinking goal)
- Get a BSCQ form (Appendix D) for client to complete in session

**SESSION PROCEDURES**

- Introduce session.
- Review and discuss client's completed self-monitoring log; copy or record data.
- Have client complete new BSCQ in session (second administration).
- Review and discuss client's answers to the Developing New Options and Action Plans homework exercise (Client Handout 4.8).
- Discuss possible opportunities for testing options before Session 4.
- End session: Ask what stood out about session, schedule next session, remind client to do homework.

**CLIENT HANDOUTS**

- Give client Request for Additional Sessions form (Client Handout 4.10) as homework
- Give client goal evaluation form (Abstinence: Client Handout 3.4; Low-Risk Limited Drinking: Client Handout 3.5) as homework
- BSCQ form (Appendix D) to be completed in session

**COMPLETE BEFORE TREATMENT SESSION 4**

- Review and make session notes.
- Prepare personalized comparative BSCQ profile (assessment and Session 3) of the client's high-risk situations for alcohol or drug use (Client Handout 4.9).
- Prepare a personalized comparative (Assessment to Session 3) feedback form of the client's alcohol or drug use (Alcohol: Client Handout 4.3; Drug: Client Handout 4.4).

(cont.)

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### CLINICAL GUIDELINES AND DIALOGUES FOR THERAPISTS CONDUCTING INDIVIDUAL THERAPY SESSION 3

#### **Review Self-Monitoring Logs**

**T:** *“How have things been since our last session?”* [Here the therapist is trying to get the client to discuss his or her self-monitoring logs. The therapist can begin by saying, *“Let’s take a look at what you put down on your self-monitoring logs this week.”*]

**Note to Therapist:** Remember to keep the discussion to the main features of the log, rather than having a day-by-day description. Have clients relate the recent drinking or drug use to their goal.

#### **Discuss Developing New Options and Actions Plans Homework (Client Handout 4.8)**

**T:** *“The homework we asked you to complete for this session asked you to develop new options and action plans for the two high-risk trigger situations you identified last week. Let’s start by discussing the various options you thought of for each trigger and then which action plan makes the most sense for you to implement and why.”*

**Note to Therapist:** Use open-ended questions, reflections, and summary statements to explore the client’s options and action plans and their feasibility. Emphasize the need to break the action plans into small steps when possible.

**T:** *“What situations can you anticipate occurring between now and your next session in which you could put into practice your options and action plans?”*

#### **In-Session Assignment**

Give the client another BSCQ to complete (Appendix D)

**T:** *“This is another copy of a form that you filled out at the assessment, the Brief Situational Confidence Questionnaire. What we would like you to do is to fill it out again, reflecting how you feel today. We will discuss it at next week’s session.”*

#### **Homework Assignments for Session 4**

Give the client another goal evaluation form (Client Handout 3.4 for clients with an abstinence goal; Client Handout 3.5 for clients with a low-risk limited drinking goal)

**T:** *“Your homework for next week is to fill out two more forms. The first is another goal statement, like the first one you completed at the assessment session. Fill it out and bring it to the next session.”*

**T:** *“As was mentioned at the assessment, next week will be our last group session. Some people will feel they do not need any additional sessions, as they have made enough progress, whereas others will want to continue in treatment. On this form you can indicate whether you want additional sessions and, if so, how many and what you would like to accomplish.”*

#### **End of Session: What Stood Out**

**T:** *“We talked about many things today. What stood out for you?”*