

THERAPIST HANDOUT 4.4

Objectives, Procedures, Client Handouts, and Clinical Guidelines and Dialogues *Individual Session 4*

SESSION OBJECTIVES

- Review client's progress.
- Revisit and review client's motivation and goal.
- Discuss end of treatment and aftercare call or schedule further sessions.

PRIOR TO SESSION

- Prepare BSCQ comparison profiles from the assessment and Session 3 (Client Handout 4.9).
- Prepare personalized comparative feedback (assessment to Session 3) for Alcohol Use (Client Handout 4.3) or Drug Use (Client Handout 4.4).
- Have the Where Are You Now Scale for the client to complete again (Client Handout 3.6).

SESSION PROCEDURES

- Introduce session.
- Review and discuss client's completed self-monitoring log in relation to goal; copy or record data.
- Discuss opportunities for testing options since last session and the outcomes.
- Give client personalized feedback comparison (assessment to Session 3) of his or her alcohol use (Client Handout 4.3) or drug use (Client Handout 4.4) and discuss.
- Revisit goal, revise if necessary.
- Revisit decisional balance exercise, revise if necessary.
- Give client BSCQ comparison (Client Handout 4.9) of assessment and Session 3 answers and discuss.
- Revisit and review client's understanding of Identifying Triggers reading related to Mt. Change and taking a realistic, long-term perspective on change.
- Have client complete Where Are You Now Scale and compare it with his or her assessment and Session 2 answers (Client Handout 3.6).
- Discuss Request for Additional Sessions form (Client Handout 4.10) completed as homework by client.
- Ensure that clients know how to contact the program if they need further treatment. Also, mention that you will call them in about a month after their last session to inquire about their progress, to support their changes, and to schedule additional sessions if needed.
- End session: Ask what stood out about the session.
- Make session notes.

(cont.)

CLINICAL GUIDELINES AND DIALOGUES FOR THERAPISTS CONDUCTING INDIVIDUAL THERAPY SESSION 4

Review Self-Monitoring Logs

Therapist (T): *“How have things been since our last session?”* [Because the client is now familiar with the procedure of starting by discussing the self-monitoring logs, the therapist asks 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.”*

Note to Therapist: If major changes have occurred or the client successfully handled a difficult situation and did not use, the therapist can have the client give voice to the changes.

T: *“That’s two weeks with no drinking, which is a big change for you. How were you able to do that?”*
The client’s response can be followed by a reflection from the therapist. For example, *“So by letting your friends know what you were trying to do, you found they were helpful and you were able to stop using. How do you feel about that change?”*

Revisiting Alcohol or Drug Use from Assessment to Session 3

Give clients their personalized feedback comparison of their alcohol use (Client Handout 4.3) or drug use (Client Handout 4.4) from the assessment to Session 3. This feedback allows clients to give voice to changes they made in their alcohol or drug use rather than having the therapist tell them about the changes.

Alcohol Clients

T: *“The information you provided about your drinking when you first came in and over the course of treatment is shown in this graph. The first graph compares how frequently (% of days) you drank during the 90 days preceding your treatment and during the time you have been in the program. In looking at this graph, how would you say your drinking has changed?”*

T: *“The second graph compares how much you drank on days when you did drink during the 90 days preceding your treatment and during the time you have been in the program. In looking at this graph, how would you say your drinking has changed?”*

Drug Clients

T: *“The information you provided about your drug use when you first came in and during the time you have been in treatment is shown in this graph. This graph compares how frequently (% of days) you used drugs during the 90 days preceding your treatment and during the time you have been in the program. In looking at this graph, how would you say your drug use has changed?”*

(cont.)

Comparative Goal Evaluations

Goal Evaluation: Abstinence (Client Handout 3.4)

T: *"If you remember, when you first came in you rated the importance of and your confidence in not using alcohol or drugs. Part of your homework for this week was to fill out another goal evaluation form. Let's take a look at your new evaluation and compare it with the goal evaluation you completed when you first came in. How have your importance and confidence ratings changed, and what led to those changes?"*

Goal Evaluation: Goal Choice (Client Handout 3.5)

T: *"If you remember, when you first came in you selected a goal, and part of the homework for this week was to fill out that form again. How has it changed, if at all, and why?"*

T: *"How have your importance and confidence ratings changed, and what led to those changes?"*

Decisional Balance Revisited from Session 1

Note to Therapist: Refer back to the first decisional balance exercise with the client (Client Handout 3.1)

Possible Questions

T: *"Let's look at the decisional balance exercise you completed at the start of treatment. Are there any new good or less good things that you did not identify earlier?"*

T: *"Have any of the original good or less good things proved to be different from what you expected, and why?" [Often clients will report that anticipated negative consequences of changing did not occur after all.]*

Changes in Brief Situational Confidence Questionnaires

Give clients the BSCQ comparison profiles (Client Handout 4.9) of their assessment and Session 3 answers.

T: *"Let's look at the second Brief Situational Confidence Questionnaire you completed last week and compare it to the one you filled out at the assessment. What I have done is to combine both profiles on one sheet for you. What changes do you notice in your ability to resist the urge to drink heavily or to use drugs in these eight different high-risk situations?" [Client answers] "What led to changes in your confidence in these situations?"*

Implementation of Options

T: *"What situations came up since the last session in which you were able to put one of your action plans to work? How did it turn out?"*

(cont.)

Mt. Change Revisited

T: “Based on our previous discussions, what does taking a realistic perspective on change mean to you?”

Note to Therapist: Look for the fact that change can be slow, but that it is important to learn from slips and keep going.

Where Are You Now Scale Revisited (Client Handout 3.6)

T: “When you first came in, and again at the second session, I asked you to rate how serious you thought your alcohol or drug use was on a 10-point scale. How would you rate your alcohol or drug use today on that same scale where 1 = the most serious concern and 10 = no longer a concern? Do you remember what you said on the two previous occasions? [Client answers] How did you get from a [# at assessment] to a [# now]?”

Review Request for Additional Sessions Form (Client Handout 4.10)

T: “Before we wrap up, last week I gave you a Request for Additional Sessions form to fill out and bring in today. Let’s take a look at what you put down.”

Note to Therapist: If the client requests additional sessions, schedule an appointment and note how many extra sessions were requested and why. If the client does not request additional sessions, remind him or her that you will call in 1 month to see how he or she is doing.

End of Session: What Stood Out

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