

### THERAPIST HANDOUT 5.3

## Objectives, Procedures, Client Handouts, Pregroup Planning, and Sample Round-Robin Discussions *Group Session 3*

### SESSION OBJECTIVES

- Review members' progress.
- Discuss members' change plans.
- Discuss new options and action plans for the high-risk trigger situations.
- Give homework and instructions for Session 4.

### SESSION PROCEDURES

- Introduce session.
- Review and discuss members' completed self-monitoring logs; copy or record data.
- Have members complete second BSCQ.
- Review and discuss members' answers to homework exercise "Developing New Options and Action Plans."
- Discuss possible opportunities for testing options before Session 4.
- End session: Ask what stood out about session; remind members to do their homework.

### CLIENT HANDOUTS

- Homework: Request for Additional Sessions form (Client Handout 4.10)
- Homework: 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)
- BSCQ form (Appendix D) to be completed in session by each group member

### PREGROUP PLANNING

- Group leaders review what happened at the last group.
- Group leaders decide who will take the lead on which discussion topics (e.g., self-monitoring, homework).
- Have new homework for members.
  - ◆ 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)
- Have a new BSCQ form for each group member to complete in this group session (Appendix D).

(cont.)

---

From *Group Therapy for Substance Use Disorders: A Motivational Cognitive-Behavioral Approach* by Linda Carter Sobell and Mark B. Sobell. Copyright 2011 by The Guilford Press. Permission to photocopy this handout is granted to purchasers of this book for personal use only (see copyright page for details).

### ROUND-ROBIN DISCUSSION

**Topic:** Review Members' Completed Self-Monitoring Logs for Their Alcohol or Drug Use since Session 2 (Alcohol: Client Handout 3.2; Drug: Client Handout 3.3)

#### Discussion Focus

- The discussion can start with a group leader saying, "Let's go over the self-monitoring logs and look at everybody's alcohol and drug use in the past week." Follow up by asking a member to begin the discussion: "[Insert client name], give us a general picture of what your alcohol or drug use was like this past week."
- **Note to Group Leaders:** Unless relevant, avoid specific details of a client's drinking or drug use (i.e., do not have members present a day-by-day description, as this takes too much time and usually is not that informative).
- If major changes have occurred or if a member handled a difficult situation and did not use, the group leaders can ask the group how they feel about the group member's change.

### ROUND-ROBIN DISCUSSION

**Topic:** Discuss New Homework Exercise on Developing Options and Action Plans (Client Handout 4.8)

#### Discussion Focus

- Ask each member to discuss the options and action plan for one of his or her two identified trigger situations from the homework.
- The goal is to use a motivational interviewing approach to have group members give voice to their change plans.
- "What kinds of options and action plans did you develop for your high-risk situations?"
- "Which option did you select as the most realistic to implement and why?"
- **Note to Group Leaders:** Tell members that it is important, when possible, to break action plans into small steps so that progress can be identified.

**Ask each member,** "What trigger situations can you anticipate occurring between now and the next session in which you could put into practice your options and action plans?" [This question is used to identify possible future high-risk situations that group members might encounter and ways to deal with those situations in advance.]

### IN-SESSION ASSIGNMENT

**Complete Brief Situational Confidence Questionnaire (Appendix D)**

#### Discussion Focus

- Give each member a BSCQ to complete during the session and tell him or her, "This form assesses how confident you are at the present time that you can resist the urge to drink heavily or use drugs. At the assessment you completed this form, and we want you to complete it again. Next week we will discuss and compare your answers today with your answers when you first came in."

(cont.)

**GOAL EVALUATION FORM HOMEWORK ASSIGNMENT FOR SESSION 4 (ABSTINENCE:  
CLIENT HANDOUT 3.4; GOAL CHOICE: CLIENT HANDOUT 3.5)**

***Discussion Focus***

- Give each member either Client Handout 3.4 (members with an abstinence goal) or Client Handout 3.5 (members with a low-risk limited drinking goal) and ask them to complete the form at home and bring it to the next session.

*“This is the same form you completed and brought into Session 1. We would like you to fill it out again and bring it to the next session, where we will compare your answers with your answers when you first came in.”*

**REQUEST FOR ADDITIONAL SESSIONS FORM HOMEWORK ASSIGNMENT  
FOR SESSION 4 (CLIENT HANDOUT 4.10)**

***Discussion Focus***

- Give members the Request for Additional Sessions form (Client Handout 4.10) and ask them to complete the form at home and bring it to the next session.
- *“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 sufficient progress, whereas others will want to continue in treatment. Additional sessions will occur as individual sessions rather than in groups. On this form you can indicate whether you want additional sessions, and if so, how many and what you would like to accomplish. If you want more sessions, we can discuss your request individually after the group next week.”*

**ROUND-ROBIN DISCUSSION**

***End of Session, Wrap-Up, and What Stood Out***

Have each group member and the leaders comment on one thing that stood out in the group. *“We have talked about a lot of things in group today. What one thing stood out?”*

**Remind Group Members:** (1) to attend all group sessions, (2) to call if they cannot make a session, (3) to continue to use the self-monitoring logs and bring them and the homework exercises to the next session, and (4) that one of the leaders will call the day before group to remind everyone about the next group.

**POSTGROUP DISCUSSION**

- The postgroup discussion typically takes about 5–10 minutes.
- Discuss what happened in the group, both the good things and less good things.
- Group leaders should make notes about what they want to highlight in the next session and anything notable about the behavior of group members.
- For all members, prepare personalized comparative BSCQ profiles (assessment and Session 3) of high-risk situations for alcohol or drug use (Client Handout 4.9).
- For all members, prepare a personalized comparative (assessment to Session 3) feedback form of their alcohol or drug use (Alcohol: Client Handout 4.3; Drug: Client Handout 4.4).