

THERAPIST HANDOUT 5.4

Objectives, Procedures, Client Handouts, Pregroup Planning, and Sample Round-Robin Discussions

Group Session 4

SESSION OBJECTIVES

- Review members' progress.
- Revisit and review members' motivation and goals.
- Discuss end of treatment and aftercare call, or schedule further sessions.

SESSION PROCEDURES

- Introduce session.
- Review and discuss members' completed self-monitoring logs in relation to goal; copy or record data.
- Discuss opportunities for testing options since last session and the outcomes.
- Give members their personalized feedback comparisons of alcohol use (Client Handout 4.3) or drug use (Client Handout 4.4) over the course of treatment and discuss.
- Revisit goals, revise if necessary.
- Revisit decisional balance exercise, revise if necessary.
- Give members the BSCQ comparison (Client Handout 4.9) of assessment and Session 3 answers and discuss.
- Revisit and review members' understanding of the Mt. Change diagram and taking a realistic long-term perspective on change.
- Have members complete the Where Are You Now Scale and compare it with their assessment and Session 2 answers.
- Discuss Request for Additional Sessions form (Client Handout 4.10) completed as homework by members.
- Ensure that the members know how to contact the program if they need further treatment. Also, mention that one of the group leaders will contact them in about 1 month to check on how they are doing and whether anything else is needed.
- End session: Ask what stood out about the session.

PREGROUP PLANNING

- Group leaders review what happened at the last group.
- Group leaders decide what discussion topics (e.g., self-monitoring, homework) each will take the lead on for this session.
- Have a copy for each member of his or her BSCQ comparative feedback profiles (assessment and Session 3; Client Handout 4.9).
- Have a copy for each member of their comparative (assessment to Session 3) feedback profiles for alcohol use (Client Handout 4.3) or drug use (Client Handout 4.4).
- Have the Where Are You Now Scale for members to complete again.

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ROUND-ROBIN DISCUSSION

Review Members' Completed Self-Monitoring Logs for Their Alcohol or Drug Use since Session 3 (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: Discussion of Comparative Personalized Feedback about Changes in Alcohol or Drug Use Before and During Treatment (Alcohol Use: Client Handout 4.3; Drug Use: Client Handout 4.4)

Discussion Focus: Alcohol Use

- Give members copies of their alcohol feedback handouts (Client Handout 4.3). This feedback form allows members to give voice to changes in their alcohol use.
- "These handouts display your alcohol use when you first came in and over the course of treatment. The first graph compares how frequently each one of you drank during the 90 days preceding your treatment and how frequently you drank during the time you were in the program up to last week. The second graph compares how much you drank per day during the 90 days preceding your treatment and during the time you were in the program up through last week. In looking at these two graphs, how would each of you say your drinking has changed?"

Discussion Focus: Drug Use

- Give members copies of their drug feedback handouts (Client Handout 4.4). This feedback form allows members give voice to changes in their drug use.
- "These handouts display your drug use when you first came in and over the course of treatment. The graph compares how frequently each one of you used drugs during the 90 days preceding your treatment and during the time you were in the program up through last week. In looking at these graphs, how would each of you say your drug use has changed?"

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ROUND-ROBIN DISCUSSION

Topic: Comparative (Assessment and Session 3) Goal Evaluations (Abstinence: Client Handout 3.4; Goal Choice: Client Handout 3.5)

Discussion Focus

- This evaluation form was handed out as homework at the last session. The discussion will focus on members' alcohol or drug use during treatment and how it relates to their goals and possible changes in their goals.
- *"First, let's look at your new goal and compare it with your goal when you first came in. What changes, if any, have you made and what led to these changes?"*
- *"Looking at your self-monitoring logs, how consistent is your recent alcohol and drug use with your second goal statement?"* For members whose behavior is not consistent with their goals, ask the group, *"Who has some ideas about why things haven't been working for [insert member's name]?"*
- *"How and why have your importance and confidence ratings changed?"*
- If change has occurred, ask, *"How does the change feel and how has it affected your confidence level compared with when you first came in to treatment?"*
- The leaders can get other members to comment by asking, *"Who else has had similar experiences?"*
- Supportive comments from other members about members who have changed can be elicited by asking, *"Both Bill and Mary have made some major changes. How do others feel about what they've done?"*
- Finally, group leaders can ask, *"What do members have to do to maintain the changes they have made?"*

ROUND-ROBIN DISCUSSION

Topic: Revisiting the Decisional Balance Exercise

Discussion Focus

- Have members look back at their decisional balance exercises from Session 1 and revisit what they wrote down. The discussion relates to any additions or changes in members' answers from Session 1.
- *"Let's look at the decisional balance exercise each of you completed at the start of treatment. Are there any new good or less good things that you did not identify earlier?"*
- *"Have any of the original good or less good things proved to be different from what you expected, and why?"* [Often members will report that anticipated negative consequences of changing did not occur after all.]

ROUND-ROBIN DISCUSSION

Topic: Discuss Changes in the Brief Situational Confidence Questionnaire (BSCQ; Client Handout 4.9)

Discussion Focus

- Review the BSCQ personalized profiles of members' high-risk situations for alcohol or drug use completed at assessment and at Session 3.

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**Objectives, Procedures, Client Handouts, Pregroup Planning,
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- Give members feedback comparing their first and second BSCQ profiles. Using a motivational counseling style allows group members to give voice to changes they have experienced in their confidence to resist the urge to drink heavily or use drugs.
- “What changes have you noticed in the situations you previously identified as high risk?”
- “What led to your change in confidence?”

ROUND-ROBIN DISCUSSION

Topic: *Discussion of the Implementation of Options to Deal With the High-Risk Trigger Situations since the Last Session*

Discussion Focus

- “Who can tell us about an opportunity they had to put one of their action plans to work and how it turned out?”

ROUND-ROBIN DISCUSSION

Topic: *Revisit Mt. Change and Relapse Prevention*

Discussion Focus

Revisit the concept of taking a realistic, long-term perspective on change. Look for statements that change may be slow and that if a slip occurs one can learn from it, get up, and keep on going.

- “Think back to Session 2 when we talked about Mt. Change and taking a long-term perspective on change. Based on our previous discussions and group meetings, what does taking a realistic perspective on change mean to you now?”
- “How are you going to accomplish this?”

ROUND-ROBIN DISCUSSION

Topic: *Review Members’ Where Are You Now Scale Answers over Treatment (Client Handout 3.6)*

Discussion Focus

- Give members the Where Are You Now Scale completed at the assessment and Session 2 and ask them to answer the same questions again for Session 4.
- “When you first came in, and again at the second session, we asked each of you to rate how serious you thought your alcohol or drug use was on a 10-point scale. How would each of you rate your alcohol or drug use today on that same scale, where 1 = the most serious concern and 10 = no longer a concern?”
- Have members try to remember what number characterized where they were at the assessment interview on this scale and what number they put down at Session 2. Then ask, “How did each of you get from where you were when you first entered treatment to where you are now, and how do you feel about this?”
- Look for and acknowledge commonalities, and encourage members to praise others for change.

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REQUEST FOR ADDITIONAL SESSIONS

“Before we wrap up, last week we gave you a Request for Additional Sessions form to fill out and bring in today. For those of you who are requesting additional sessions, we’ll meet with you individually after the group to discuss it.”

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: *“One of us will be calling each of you in about a month to ask about your progress and to schedule additional sessions if needed.”*

POSTGROUP DISCUSSION

- The postgroup discussion typically takes about 5–10 minutes.
- Discuss what happened in the group as a whole, both good things and less good things, and what lessons the leaders can take away from the entire group experience.