

Summary of the Session Format (for counselors)

Note: the format is the same for group and individual modality.

A. Check-in (2 to 4 minutes per client)

Purpose: clients share how they are doing

A client answers the following five questions, then the next client, etc.

Since the last session...

1. How are you feeling?
2. What good coping have you done?
3. Any substance use or other unsafe behavior?
4. Did you complete your commitment?
5. Community resource update

B. Quotation (2-3 minutes total)

Purpose: help clients emotionally engage with the session topic

1. Give handouts from one treatment topic in Creating Change. (The handouts are the quotation page to the end of the chapter.)
2. Ask a client to read the quotation out loud.
3. The counselor asks, "What's the main point of the quotation" and one or two clients answer.
4. The counselor links the quotation to the session.

C. Handouts (most of the session)

Purpose: relate the topic to clients' lives

Clients look through the handouts; the counselor helps clients meaningfully explore them [connect the topic to their experiences].

D. Check-out (2-3 minutes per client)

Purpose: obtain feedback and end on a positive note

Each client answers the following four questions, then the next client, etc.

1. Name one thing you got out of today's session.
2. Any problems with the session?
 3. What is your new commitment?
 4. What community resource will you call? (if relevant)

Optional grounding (3-5 minutes total)

Purpose: a sense of emotional calm

Conduct a few minutes of grounding. Ask clients to rate their distress before and after (0 to 10; 0=not at all, 10=greatly), to help them notice where they're at.

Optional End of Session Questionnaire (2-3 minutes total)

Purpose: clients share written feedback about the session

Ask clients to fill out the questionnaire.

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