

MET-CBT 5 Checklist

MET 1 – Rapport and Motivation Building

Handouts:

- *Agency Youth Program MET-CBT Orientation Brochure*
 - *Personalized Feedback Report (PFR), 2 copies*
 - *Tips for Teens*
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- Welcome & orientation *Agency Youth Program Orientation Brochure*
 - Rapport-building (*20 min.*)
 - Review of the PFR (*30 min.*) "*Personalized Feedback Report*"
 - a. Severity,
 - b. Problems of Use,
 - c. Reasons for Quitting,
 - d. Motivation
 - Summary & Preparation for next session (*10 min.*)
 - Hand Out - Alcohol and Drug Information "*Tips for Teens*"

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MET 2 – Goal Setting & Knowledge is Power

Handouts:

- *Personal Goal worksheet* (Manual p. 44)
 - *Knowledge is Power (Personal Awareness) worksheet* (p. 48)
 - *Information and Expectations: Group Sessions* (p. 51)
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- Welcome
 - Review of progress (*15 min.*)
 - Rationale for Goal-setting
 - Goal-setting (*20 min.*) *Personal Goal worksheet*
 - Rationale for Functional Analysis – Negative Habits, triggers etc.
 - Knowledge is Power (*20 min.*) – *Do in session practice with real experiences from client's life.*
 - Summary and preparation for group session (*if applicable*) (*5 min.*)
 - Take Home Assignment Commitment – Minimum of 2 situations for filling the Knowledge is Power.

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CBT 3 – Refusal Skills & Assertive Communication

Handouts:

- *Substance Refusal Skills* handout (p. 65)
- *Substance Refusal Skills Reminders/Real Life Practice* handout (p. 67)
- *Knowledge is Power (Personal Awareness)* worksheet (extra copies)
- *Substance Refusal Skills/Skill Guidelines* poster or handout (p. 122-3)

- Welcome and introductions to group – (or skip if individual)
- Review of progress (Urges, Cravings, Use) (10 min.)
- Review of assignment (Knowledge is Power) (10 min.)
- Refusal skills (35 min.)
 - Review rationale (funneling, narrow social circle, avoid high risk people)
 - Teach styles of verbal and nonverbal communication –
Substance Refusal Skills Handout

Rehearse through role-play- *Substance Refusal Skills Reminders/Real Life Practice Handout* (p. 67), Use examples from the *Knowledge is Power (Personal Awareness) worksheet* (extra copies)

- Take Home Assignment Commitment
- Describe at least 2 real-life practice situations and obtain commitment to complete
- Summary and preparation for next session

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CBT 4 – Social Support Network & Replacement Activities

Handouts:

- *Social Supports Reminder sheet* (p. 72)
 - *Social Circle worksheet* (p. 74)
 - *Social Support Practice Exercise sheet* (p. 76)
 - *Enhancing One's Social Support Network poster or handout* (p. 124)
 - *Knowledge is Power (Personal Awareness) worksheet* (extra copies)
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- Review of progress (cravings, slips, situations and treatment goals - 15 min.)
 - Review of real-life practice assignment (*10 min.- Refusal Skill & Assertive Communication Use across 2 Situations*)
 - Enhancing support skills
 - Review rationale (boost confidence in coping ability, additional source of help – review different types of support)
 - Review potential sources of support (Four Handouts- Soc Cir, Enhancing Supports, Real Life Practice, Pleasant Activities)
 - Teach & practice ways of asking for support for quitting and about using pleasant activities
 - Summary
 - Take Home Assignment Commitment (Knowledge is Power, Asking/Offering and Asking for Help/Support x 2, & trying 1 new pleasant activity)

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CBT 5 – Planning for High-Risk Situations & Problem Solving

Handouts:

- *Personal Emergency Plan* handout (p. 81)
 - *Planning for Emergencies and Coping with Relapse* poster or handout (p. 125)
 - *Steps for Problem Solving* poster or handout (p. 126)
 - *Knowledge is Power (Personal Awareness)* worksheet (extra copies)
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- Review of progress (cravings, slips, situations and treatment goals - 15 min.)
 - Review of asking and offering help/support real-life practice assignment (15 min.)
 - Planning for emergencies and coping with slips/relapse (35 min.)
 - Review rationale (preparation for high-risk situations increases likelihood of effective coping) – *Personal Emergency Plan*
 - Brainstorm potential high-risk/emergency situations
 - Give introduction to problem-solving skills – (Rationale – we all have problems: what matters is how you deal with them) *Problem Solving Handout*
 - Review a real problem (remaining in recovery) and use model to brainstorm and evaluate possible options to choose.
 - Review that relapse is not uncommon, opportunity for learning
 - Develop coping plan and re-emphasize use of problem solving model and newly learned relapse skills with *Personal Emergency Plan Handout*
 - Summarize and terminate (10 min.)