

# Contents

Preface .....	v
Part I: About SRP	
<b>INTRODUCTION</b> .....	3
Part II: Session-by-Session Guide	
<b>PHASE 1: ASSESSMENT</b> .....	13
Description and Clinical Tools .....	13
Therapist Checklist: Assessment .....	14
Alcohol Dependence Scale (ADS) .....	15
Drug Abuse Screening Test (DAST) .....	18
About the Personalized Alcohol Use Feedback Online Tool .....	20
Commitment to Change Algorithm: Alcohol .....	22
Commitment to Change Algorithm: Drugs .....	23
About the IDTS-8 .....	24
Inventory of Drug-Taking Situations (IDTS-8) .....	25
Therapist Checklist: Troubleshooting for Undifferentiated IDTS-8 Profiles .....	27
Assessment Summary Form .....	29
<b>PHASE 2: MOTIVATIONAL INTERVIEWING</b> .....	31
Description and Clinical Tools .....	32
Therapist Checklist: Motivational Interviewing .....	33
Decisional Balance Assignment .....	34
Feedback about Goal Setting and Commitment to Change .....	35
<b>PHASE 3: INDIVIDUALIZED TREATMENT PLANNING</b> .....	39
Description and Clinical Tools .....	39
Therapist Checklist: Individualized Treatment Planning .....	40
Treatment Contract: Individual Counselling .....	41
Treatment Contract: Group Counselling .....	43

Identifying Problem Substance Use Situations . . . . .	45
Coping Skills Checklist . . . . .	48
Daily Diary . . . . .	49
<b>PHASE 4: INITIATION OF CHANGE . . . . .</b>	<b>51</b>
Description and Clinical Tools . . . . .	51
Therapist Checklists: Counselling Sessions 1 to 4 . . . . .	52
Weekly Planning Form: Initiation of Change . . . . .	56
Daily Diary . . . . .	58
Situational Confidence Questionnaire (SCQ-8) . . . . .	59
Cope Alert Card . . . . .	61
ABC Analysis Chart . . . . .	62
<b>PHASE 5: MAINTENANCE OF CHANGE . . . . .</b>	<b>63</b>
Description and Clinical Tools . . . . .	64
Therapist Checklists: Counselling Sessions 5 to 8 . . . . .	65
Weekly Planning Form: Maintenance of Change . . . . .	69
Daily Diary . . . . .	71
“If I Were To Relapse . . .” Exercise . . . . .	72
Client Satisfaction Questionnaire . . . . .	73
<b>Part III: Coping Skills Exercises</b>	
Introduction . . . . .	79
Coping with Cravings . . . . .	81
Early Coping Strategies . . . . .	83
Increasing Social Support . . . . .	85
Refusing Alcohol and Other Drugs . . . . .	88
Dealing with Physical Discomfort . . . . .	89
Problem Solving . . . . .	91
Spirituality . . . . .	94
Assertiveness . . . . .	95
Anger Management . . . . .	98
Coping with Boredom . . . . .	100
Relaxation . . . . .	103
Coping with Unpleasant Feelings and Memories of Trauma . . . . .	105
Coping with Flashbacks and Unpleasant Emotions . . . . .	107
Coping with Anxiety . . . . .	109
Coping with Loss . . . . .	111
Healthy Relationships . . . . .	113
Sexual Relationships and Dating . . . . .	114
Money Issues . . . . .	118

## Part IV: SRP for Clients with Concurrent Disorders

<b>ADAPTING THE SRP APPROACH</b> .....	123
<b>CD-ADAPTED CHECKLISTS AND CLINICAL TOOLS</b>	
<b>PHASE 1: ASSESSMENT</b> .....	135
Description and Clinical Tools .....	135
Therapist Checklist: Assessment—CD Adapted .....	136
Assessment Summary Form—CD Adapted .....	137
<b>PHASE 2: MOTIVATIONAL INTERVIEWING</b> .....	143
Description and Clinical Tools .....	144
Therapist Checklist: Motivational Interviewing—CD Adapted .....	145
Feedback about Goal Setting and Commitment to Change—CD Adapted .....	146
Decisional Balance Assignment—CD Adapted .....	149
<b>PHASE 3: INDIVIDUALIZED TREATMENT PLANNING</b> .....	151
Description and Clinical Tools .....	152
Therapist Checklist: Individualized Treatment Planning—CD Adapted .....	153
Identifying Problem Substance Use Situations—CD Adapted .....	154
Weekly Diary .....	158
<b>PHASE 4: INITIATION OF CHANGE</b> .....	159
Description and Clinical Tools .....	160
Therapist Checklist: Counselling Session 1—CD Adapted .....	161
Therapist Checklist: Counselling Sessions 2 to 4 (or Beyond)—CD Adapted .....	162
Weekly Planning Form: Initiation of Change—CD Adapted .....	163
Weekly Diary .....	165
ABC Analysis Chart—CD Adapted .....	166
Coping Skills Checklist—CD Adapted .....	167
<b>PHASE 5: MAINTENANCE OF CHANGE</b> .....	169
Description and Clinical Tools .....	169
Therapist Checklist: Counselling Sessions 5 to 7 (or Beyond)—CD Adapted .....	170
Therapist Checklist: Counselling Session 8 (or Final Session)—CD Adapted .....	172
Weekly Planning Form: Maintenance of Change—CD Adapted .....	173
Weekly Diary .....	175
Readiness Ruler Exercise .....	176
<b>CD-ADAPTED COPING SKILLS EXERCISES</b> .....	177
Introduction .....	177
Coping with Cravings—CD Adapted .....	178
Coping with Boredom—CD Adapted .....	181
Refusing Alcohol and Other Drugs—CD Adapted .....	185
Sexual Relationships and Dating—CD Adapted .....	188
Coping with Symptoms and Side-Effects—CD Adapted .....	192

**CD-ADAPTED SRP: RESULTS FROM A PILOT PROGRAM** ..... 195  
    Group Evaluation Form: SRP, Law and Mental Health Program, CAMH ..... 197  
**SELECTED RESOURCES ON CONCURRENT DISORDERS** ..... 199

**Appendix A: Additional Sample Forms**

    Introduction ..... 203  
    Progress Note ..... 204  
    Professional Chart Audit Checklist ..... 206

**Appendix B: Clinical Background Articles**

    Tupker and Sagorsky (2004), Motivational Interviewing ..... 211  
    Herie and Watkin-Merek (2004), Relapse Prevention ..... 231  
    Martino, Carroll, Kostas, Perkins and Rounsaville (2002), Dual Diagnosis  
    Motivational Interviewing: A Modification of Motivational Interviewing for  
    Substance-Abusing Patients with Psychotic Disorders ..... 255