**Training Program for Administrators and Facilitators of**

**Intensive Treatment and Rehabilitation Program for Residential TRCs (INTREPRET)**

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| **Part I: Introduction of INTREPRET to TRCs** |
| Targets: a) TRC Chief, CHPO, section chiefs and other administrative/managerial staff at TRC Bicutan, TRC Tagaytay, and TRC Dagupan (Day 1 only); and b) INTREPRET facilitators (those to be assigned to the intervention groups only)Duration: 2 days |
| **Modules** | **Topics** | **Contents** | **Materials (other than PowerPoint slides)** | **Duration** | **Lecturer** |
| Module 1: Administration of INTREPRET at TRCs(Day 1) | Workshop 1-1: Program Administration at TRCs | 1. Components of INTREPRET
2. Proposed Content of INTREPRET Components
3. Materials to Support INTREPRET Implementation at TRCs
 | * Service Provider’s Manual (Part I: INTREPRET Administration at TRCs)
 | 60 min |  |
| Workshop 1-2: INTREPRET Session Facilitation | 1. INTREPRET Session Facilitation Standards
	* CBT Session Facilitation
	* CBT-R Session Facilitation Standards
	* PE Session Facilitation Standards
	* SS Session Facilitation Standards
2. Video demonstration of INTREPRET session
 | * Service Provider’s Manual (Part II: Session Facilitation)
* Video: Session Facilitation
 | 90 min |  |
| Workshop 1-3: Field Evaluation of INTREPRET Administration and Facilitation | 1. Evaluation Protocols
	* Post-training monitoring
	* Peer-evaluation
	* Supportive supervision
2. Evaluation Criteria
 | * Guidelines for Field Evaluation
 | 60 min |  |
| Workshop 1-4: Preparation for Role Play Exercise (Part I) | 1. Grouping arrangement
2. Homework assignment
 | * Patient’s Workbook
 | 10 min |  |
| Module 2: Basic Counselling Skills(Day 2) | Workshop 2-1: Basics in addiction | 1. Introduction to Psychoactive Drugs
2. Drug categories
3. Addiction and the brain
4. Activating the system with drugs
 |  | 60 min |  |
| Workshop 2-2: Basic counselling skills for drug dependence treatment | 1. Introduction to counselling
2. Basic counselling skills
3. Processing
4. Responding
5. Teaching clients new skills
 | * Worksheet 1: Change Plan
* Video: Using MI Approaches
 | 120 min |  |
| Workshop 2-3: Role play exercise (Part I) | 1. Video demonstration of role-play examples
2. Instruction for the exercise
3. Group exercise: preparation, role play and feedback
 | * Video: Role Play Examples
* Patient’s Workbook
 | 210 min |  |
| **Part II: Applied Skills for INTREPRET Facilitators** |
| Targets: INTREPRET facilitators (those who will be assigned to the intervention groups only)Duration: 3 days |
| **Modules** | **Topics** | **Contents** | **Materials (other than PowerPoint slides)** | **Duration** | **Lecturer** |
| Module 3: Motivating Clients for Treatment and Addressing Resistance(Day 3) | Workshop 3-1: Approaches to change | 1. Views and approaches to change
2. Beliefs about why people don’t change
3. Stages of change
 | * Video: Introduction to MI
 | 120 min |  |
| Workshop 3-2: Principles of Motivational Interviewing | 1. Motivational Interviewing: Definition
2. Spirit of MI, basic skills and brief interventions effect
3. Key processes in MI
4. MI gold standards
 | * Worksheet 1: Pros and Cons
* Video: MI Core Clinician Skills – Introducing OARS
 | 120 min |  |
| Workshop 3-3: How to use motivational skills in clinical settings | 1. Core interviewing skills
2. Ways to reflect
3. Strategies to avoid
 | * Worksheet 1: Affirmations and Reflection
* Worksheet 2: Gordons Roadblocks
* Worksheet 3: OARS Form
* Worksheet 4: MI Conversation Exercise
 | 180 min |  |
| Workshop 3-4: Preparation for Role Play Exercise (Part II) | 1. Grouping arrangement
2. Homework assignment
 | * Patient’s Workbook
 | 10 min |  |
| Module 4: Cognitive Behavioral and Relapse Prevention Strategies(Day 4) | Workshop 4-1: Basic concepts of CBT and relapse prevention | 1. What are CBT and RP?
2. CBT techniques: Functional Analysis/ the 5 Ws
 | * Worksheet 1: Functional Analysis Form
 | 60 min |  |
| Workshop 4-2: Cognitive behavioral strategies | 1. Functional analysis & triggers and craving
2. High-risk & low-risk situations
3. Strategies to cope with craving
4. Drug refusal skills – how to say “no”
5. Preventing the abstinence violation effect
6. Making lifestyle changes
7. Anger management
8. Third wave of CBT interventions for addiction treatment
 | * Worksheet 1: External and Internal Triggers
* Worksheet 2: Thought Stopping Techniques
 | 120 min |  |
| Workshop 4-3: Methods for using cognitive behavioral strategies | 1. The role of the clinician in CBT
2. Principles of using CBT
3. Creating a daily recovery plan
 | * Worksheet 1: Scheduling
 | 60 min |  |
| Module 5: Application of Facilitation Skills to INTREPRET Sessions(Day 5) | Workshop 5: Role play exercise (Part II) | 1. Instructions for the role play exercise
2. Group session: preparation, role play, and feedback
3. Video-shooting session: preparation, role play, and feedback
 | * Patient’s Workbook
 | 300 min |  |