**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 |  |