

Training Program for Administrators and Facilitators of Intensive Treatment and Rehabilitation Program for Residential TRCs (INTREPRET)

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 | <ol style="list-style-type: none"> 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 | <ol style="list-style-type: none"> 1. INTREPRET Session Facilitation Standards <ul style="list-style-type: none"> ➤ 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 | <ol style="list-style-type: none"> 1. Evaluation Protocols <ul style="list-style-type: none"> ➤ 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) | <ol style="list-style-type: none"> 1. Grouping arrangement 2. Homework assignment | - Patient's Workbook | 10 min | |
| Module 2: Basic Counselling Skills (Day 2) | Workshop 2-1: Basics in addiction | <ol style="list-style-type: none"> 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 | <ol style="list-style-type: none"> 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) | <ol style="list-style-type: none"> 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 | <ol style="list-style-type: none"> Views and approaches to change Beliefs about why people don't change Stages of change | - Video: Introduction to MI | 120 min | |
| | Workshop 3-2: Principles of Motivational Interviewing | <ol style="list-style-type: none"> Motivational Interviewing: Definition Spirit of MI, basic skills and brief interventions effect Key processes in MI 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 | <ol style="list-style-type: none"> Core interviewing skills Ways to reflect 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) | <ol style="list-style-type: none"> Grouping arrangement 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 | <ol style="list-style-type: none"> What are CBT and RP? CBT techniques: Functional Analysis/ the 5 Ws | - Worksheet 1: Functional Analysis Form | 60 min | |
| | Workshop 4-2: Cognitive behavioral strategies | <ol style="list-style-type: none"> Functional analysis & triggers and craving High-risk & low-risk situations Strategies to cope with craving Drug refusal skills – how to say “no” Preventing the abstinence violation effect Making lifestyle changes Anger management 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 | <ol style="list-style-type: none"> The role of the clinician in CBT Principles of using CBT 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) | <ol style="list-style-type: none"> Instructions for the role play exercise Group session: preparation, role play, and feedback Video-shooting session: preparation, role play, and feedback | - Patient's Workbook | 300 min | |