**Training Program for Administrators and Facilitators of**

**Enhanced Treatment Program for Outpatient Services for Drug Users (ENTREPOSE)**

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|  | **Modules** | **Topics** | **Contents** | **Materials (other than PowerPoint slides)** | **Duration** | **Lecturer** |
| Day 1 | - | Overview of the Training Program | 1. Project Framework 2. Objectives of ENTREPOSE Training 3. Training Content |  | 20 min |  |
| Module 1: Administration of ENTREPOSE at TRCs | Workshop 1-1: Program Administration at TRCs | 1. Components of ENTREPOSE 2. Proposed Content of ENTREPOSE Components 3. Materials to Support ENTREPOSE Implementation at TRCs | * Service Provider’s Manual (Part I: ENTREPOSE Administration at TRCs) | 60 min |  |
| Workshop 1-2: ENTREPOSE Session Facilitation | 1. ENTREPOSE Session Facilitation Standards    * CBT and CBT-E Session Facilitation    * PE Session Facilitation Standards 2. Video demonstration of ENTREPOSE session | * Service Provider’s Manual (Part II: Session Facilitation) * Video: Session Facilitation | 90 min |  |
| Workshop 1-3: Field Evaluation of ENTREPOSE Administration and Facilitation | 1. Evaluation Protocols    * Post-training monitoring    * Peer-evaluation    * Supportive supervision 2. Evaluation Criteria | * Guidelines for Field Evaluation | 60 min |  |
| Day 2 | Module 2: Basic Counselling Skills | 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 |  | 90 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: Preparation for Role Play Exercise (Part I) | 1. Grouping arrangement 2. Homework assignment | * Patient’s Workbook * Video: Role Play Examples * Worksheet 1: Reporting Form for Role Play Exercise (Part I) * Worksheet 2: Evaluation Form for Role Play Exercise (Part I) | 30 min |  |
| Day 3 | Workshop 2-4: Role play exercise (Part I) – Offline | 1. Video demonstration of role-play examples 2. Instruction for the exercise 3. Group exercise: preparation, role play and feedback | * Patient’s Workbook | 180 min | Offline |
| Day 4 | Module 3: Motivating Clients for Treatment and Addressing Resistance | 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 | Ms. Alpha Martin |
| Day 5 | 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 | Ms. Maria Lourdes Sare, Clinical Psychologist and Training Specialist IV, National Center for Mental Health |
| Day 6 | Module 4: Cognitive Behavioral and Relapse Prevention Strategies | 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 | Dr. Alphonso A. Villaroman, Chief of Hospital, TRC Bicutan |
| 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 | Dr. Ma Teresa C. Inigo, Chief of Hospital, TRC Malinao  Ms. Ma Alodia C. Mercado, Clinical Psychologist, A-Max Psychological Services |
| 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 * Schedule Book | 60 min | Ms. Ma Alodia C. Mercado |
| Workshop 4-4: Preparation for Role Play Exercise (Part II) | 1. Grouping arrangement 2. Homework assignment | * Patient’s Workbook | 10 min | Dr. Jasmin T. Peralta, Chief of Hospital, TRC Cebu |
| Day 7 | Module 5: Application of Facilitation Skills to ENTREPOSE Sessions | Workshop 5: Role play exercise (Part II) – Online | 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 * Worksheet 1: Facilitator and Evaluator Assignments for Role Play Exercise (Part II) * Worksheet 2: Evaluation Form for Role Play Exercise (Part II) | 240 min | Dr. Jasmin T. Peralta (coordinator)  All lecturers (group work facilitators) |