



DISCUSSION TOPICS FOR SOCIAL SUPPORT SESSIONS

INTENSIVE TREATMENT AND REHABILITATION PROGRAM FOR RESIDENTIAL TREATMENT AND REHABILITATION CENTERS FOR DRUG DEPENDENTS (INTREPRET)

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1ST EDITION



JAPAN INTERNATIONAL
COOPERATION AGENCY



PROJECT FOR INTRODUCING EVIDENCE-BASED RELAPSE
PREVENTION PROGRAMS TO DRUG DEPENDENCE TREATMENT
AND REHABILITATION CENTERS IN THE PHILIPPINES

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1. Aging

- 1) How do you view the aging process? Why? Are you afraid of getting old? Why?
- 2) How does getting older help or affect your staying abstinent and in recovery?
- 3) As you grow older, is it important to have somebody of your age to help you or to attend a self-help group like NA that has people of your age?
- 4) As you spend more time in recovery, how will you keep your recovery strong?

2. Anger

- 1) How do you feel the way you handle your anger?
- 2) What do you feel when you know that somebody is angry at you?
- 3) Is anger a relapse trigger for you? In what ways? Were there times that you used drugs because you were angry?
- 4) What strategies or behaviors help you cope with anger?
- 5) How do you avoid being passive-aggressive when someone makes you angry?
- 6) Are you willing to share an experience/situation wherein you were able to handle your anger appropriately? What did you do? What was the result?

3. Codependence

- 1) How do you understand the concept of codependence?
- 2) With whom in your family do you have codependent relationships? In your opinion, who among them is your most codependent? Why? What are they doing to help in your recovery?
- 3) How do these relationships affect your recovery? Do you want that their being a codependent will stop? Why yes, or why not?
- 4) During recovery, what changes have you made to address codependent relationships?
- 5) What strategies and techniques will you use to avoid codependence in the future?

4. Commitment

- 1) Are you committed in your recovery? How will you say that you are committed?
- 2) What people or things have you been committed now?
- 3) How important is the commitment of family and friends to your recovery? Do you think they are “committed” to your recovery?
- 4) How important is your commitment to friends and fellow clients who are in recovery? Why do you say so?
- 5) How will you maintain your commitment to recovery?
- 6) How do you feel when you have broken your commitment? How do you feel when someone breaks their commitment to you? How do you cope? Give examples.
- 7) What is the very reason or motivation for you to commit to change? Why?

5. Compulsions

- 1) What have you done to avoid transferring your substance dependence to other compulsive behaviors, such as sex, shopping, eating, exercise, and gambling?
- 2) To what compulsive behaviors are you vulnerable or struggling with?
- 3) Are all compulsive behaviors bad? Why? Give examples or situations.
- 4) How has being in recovery helped you get your life under control? Give examples.
- 5) Have you experienced abstinence violation syndrome? What have you felt and done? What can you do to avoid this to happen again?

6. Control

- 1) How do you distinguish between things that you can control and things you cannot? Give examples or situations.
- 2) What are you thinking and feeling if you are in a situation that you cannot control things, or you cannot do anything? Give examples.
- 3) Are you attending self-help or NA meetings? How has attending these meetings helped you address these issues? How?
- 4) What actions do you take to achieve balance and inner calm in your life? Are these helping you? In what ways?
- 5) What aspects of your life do you still need to change to remain abstinent and in recovery?
- 6) While you are in recovery, what situations are you most vulnerable to lose your control? Give examples.
- 7) How does acceptance help you take control or avoid your substance use?

7. Cravings

- 1) Do you still experience cravings? How have the cravings changed since you've been in recovery or ever since you are in the center?
- 2) Do you feel as if your recovery is in jeopardy because of cravings? Why or why not?
- 3) When are you aware of cravings? What do you do when they happen?
- 4) What changes have you made to reduce cravings? Give examples.
- 5) What strategies and techniques will you use to keep cravings under control?
- 6) While in recovery, share some situations where you have successfully handled your cravings and resulted in not using drugs. What did you feel then?

8. Depression

- 1) Is depression a trigger for you to use drugs or drink alcohol?
- 2) How have your feelings of depression changed as you've been in treatment and recovery?
- 3) What people, events, and feelings contribute to your depression?
- 4) How do you respond when you recognize that you are depressed?
- 5) What strategies and techniques help you avoid becoming depressed? What strategies and techniques help you get over depression?

9. Emotions

- 1) Do certain emotions act as triggers for you?
- 2) How has the process of recovery helped you become more aware of your emotions?
- 3) How do you cope with dangerous emotions, such as loneliness, anger, and feelings of deprivation?
- 4) During recovery, what have you learned about separating emotions from behavior?
- 5) What strategies and techniques help you maintain an emotional balance?

10. Fear

- 1) When you entered treatment, what aspects of recovery were you afraid of?
- 2) Have your fears about recovery changed since you've been in treatment?
- 3) What helped you move past your fear?
- 4) What things concern you when you think about leaving treatment?
- 5) As you move forward with your recovery, what strategies and techniques will help you minimize your fears?

11. Forgiveness

- 1) How has forgiveness helped you in your recovery?
- 2) Have you ever forgiven yourself?
- 3) Have you forgiven those who hurt you?
- 4) Is there anyone you need to forgive but find it difficult to do so? Why?
- 5) Have you done/said anything to someone that has hurt him/her? Do you think they will forgive you? Why?
- 6) Which is more difficult for you, to ask or to receive forgiveness? Why?

12. Friendship

- 1) How has your understanding of friendship changed since you've been in treatment?
- 2) Before you entered treatment, what were your friendships based on?
- 3) Now, what qualities do you look for in a friend?
- 4) What has being a friend to others contributed to your recovery?
- 5) What plans do you have for making new, supportive friends and maintaining current friendships?

13. Fun

- 1) How have your fun and relaxing activities changed since you've been in treatment?
- 2) What do you do now to have fun and relax?
- 3) With whom do you have fun?
- 4) What role does having fun play in staying abstinent and in your recovery?
- 5) How will you incorporate new activities and hobbies into your life?

14. Grief

- 1) What experience have you had with grief?
- 2) Is grief a trigger for you? In what ways
- 3) How has the way you cope with grief changed since you've been in recovery? How do you cope with feelings of grief now?
- 4) To whom do you turn when you experience grief?
- 5) What strategies or techniques do you use to keep grief from disrupting your recovery?

15. Guilt and Shame

- 1) How is guilt different from shame?
- 2) Can guilt be a positive factor in your recovery?
What are these?
- 3) How can this derail your recovery?
- 4) What can you do to reduce the guilt you feel?
- 5) What role does accepting responsibility for your past actions play in your recovery?

16. Happiness

- 1) Since you've been in treatment, when have you been happy? What made you happy?
- 2) Do you feel that happiness is essential to your recovery? Why or why not?
- 3) How have friendships helped you be happy?
- 4) What strategies or techniques can you use to help you through unhappy times?

17. Honesty

- 1) How important is honesty to your staying abstinent and in recovery?
- 2) In treatment, how have you learned to be honest with yourself?
- 3) In treatment, how have you learned to be honest with others, especially family and friends?
- 4) How does honesty relate to your self-esteem?
- 5) What strategies or techniques will you use to continue being honest in your recovery?

18. Intimacy

- 1) Since you've been in treatment, how has your understanding of intimacy changed?
- 2) What concerns or fears do you have about intimacy?
- 3) Does sex function as a trigger for you? In what ways?
- 4) What do you look for in an intimate, caring relationship?
- 5) In what ways can intimate relationships support your recovery?

19. Isolation

- 1) Are free time and being alone triggers for you? In what ways?
- 2) How was feeling isolated related to your substance abuse?
- 3) In what ways has scheduling activities helped you avoid isolation?
- 4) How has attending self-help or NA meetings helped you avoid isolation?
- 5) What activities can you pursue on your own that will help keep you from isolation?

20. Justifications

- 1) What relapse justifications are you vulnerable to?
- 2) What emotions make you more likely to try to justify a relapse?
- 3) What are the dangers of assuming that your substance dependence is under control?
- 4) How is being smart important to your staying abstinent and in recovery?
- 5) In treatment, what strategies or techniques have you learned to help counter relapse justifications?

21. Mask

- 1) How do you use masks to hide the way you feel, presenting yourself as feeling one way when you feel another?
- 2) In what circumstances do you mask your feelings?
- 3) How has the masking of your feelings changed since you've been in treatment?
- 4) How does masking your true feelings affect your recovery?
- 5) How is being honest with yourself and others important to your recovery?

22. Overwhelmed

- 1) What contributes to your feeling overwhelmed?
- 2) How does feeling overwhelmed affect your behavior?
- 3) How has your response to being overwhelmed changed since you've been in treatment?
- 4) What risk does feeling overwhelmed pose to your recovery?
- 5) What can you do to ensure that you do not feel overwhelmed?

23. Patience

- 1) How has patience helped you in your recovery?
- 2) When is it hard for you to be patient? Are there situations in which you can be too patient? What are they? Why can it be bad to be too patient?
- 3) How has attending self-help or NA meetings helped you be more patient?
- 4) What strategies and techniques have you learned to help you be more patient?

24. Physical

- 1) During recovery, how has your body changed?
- 2) What new exercise or activity have you begun since entering treatment?
- 3) How have you begun to take better care of your health?
- 4) Why is it important to stay healthy to keep your recovery on track?

25. Recovery

- 1) What has been your biggest challenge in recovery so far and your biggest triumph?
- 2) From whom do you draw inspiration and encouragement in your recovery?
- 3) How has attending self-help meetings helped you in your recovery?
- 4) As you move forward with the recovery, what are the most important aspects for you to focus on?

26. Rejection

- 1) How have the ways you cope with rejection changed since you've been in treatment?
- 2) How has support from friends and family helped you cope with rejection?
- 3) As you make amends and repair relationships, some people may refuse to forgive you. How will you cope with this rejection?
- 4) What strategies and techniques will you use to address rejection as you go forward with your recovery?

27. Relaxation

- 1) How have the things you do to relax changed since you've been in treatment?
- 2) Are leisure and downtime triggers for you?
- 3) How have you managed to separate relaxing from substance abuse?
- 4) Do you prefer to relax alone or with friends and family? Why?

28. Resentment

- 1) How did you come to realize that your resentment has hindered your recovery?
- 2) Do you have resentments towards your family and other people? What are those?
- 3) What are the negative effects of keeping your resentments to yourself?
- 4) How did you realize that keeping your resentments can trigger relapse to using drugs?
- 5) What can you do to help yourself express your resentments while in treatment?

29. Rules

- 1) How do you respond to rules?
- 2) What rules do you impose on yourself?
- 3) How have the guidelines of 12-Step supported your abstinence and recovery?
- 4) What are the important rules which you will focus on as you continue with your recovery?

30. Scheduling

- 1) How will scheduling help in your recovery?
- 2) What makes a scheduling or having schedule difficult for you?
- 3) Do you think you will continue to use scheduling after you leave treatment? Why or why not?

31. Self-esteem

- 1) How is self-value important in your recovery?
- 2) In treatment, how do you learn to achieve how to value yourself?
- 3) What strategy or technique can you use to value yourself?
- 4) How will regaining self-value help you maintain your abstinence?

32. Selfishness

- 1) In what ways did selfishness contribute to your substance dependence?
- 2) Are there times that you realized that it is good for you to be selfish?
- 3) How can selfishness be harmful to your recovery?
- 4) How have family and friends helped you become less selfish?
- 5) Do you think it is selfish to take time alone for exercising, relaxing, meditating, or writing in a diary? Why or why not?

33. Sex

- 1) Is sex affecting your recovery?
- 2) How can an intimate relationship affect your recovery?
- 3) What will you do to encourage healthy, intimate relationships in your life?

34. Smart

- 1) Why is sheer willpower not enough to help you stay abstinent?
- 2) How is being a smart part of having a strong recovery?
- 3) How has anticipating situations in which you would be prone to relapse helped you in recovery?
- 4) What strategies and techniques will you use to be smart?

35. Spirituality

- 1) What is spirituality?
- 2) Why is it important for your recovery to have a spiritual component?
- 3) How has attending a self-help or NA group helped you in recovery?
- 4) What qualities are important to you in choosing a self-help or NA group in your community?
- 5) What other spiritual elements would you like to incorporate into your life during your recovery?

36. Thought Stopping

- 1) How do thought-stopping techniques help you in your recovery?
- 2) Which thought-stopping techniques are most effective for you? Why?
- 3) What other things help you stop your thought about using drugs?
- 4) Do you feel that you are more in control of your thoughts of using drugs now than when you were currently using drugs?

37. Trauma

- 1) Do you have any traumatic experiences? Please share those if it is okay with you.
- 2) Have these experiences caused you to use drugs? Do they act as triggers?
- 3) Are these things affecting your recovery now? In what ways?
- 4) What can you do to address these? How can someone help you with these matters?
- 5) Were you able to share or divulge these matters to someone else? If not, do you have any plans for doing so?

38. Triggers

- 1) What triggers do you still encounter in your daily life?
- 2) Are there triggers you cannot avoid? If so, how do you cope with those triggers?
- 3) How have family and friends help you cope with triggers?
- 4) What strategies and techniques do you adopt to avoid triggers?

39. Trust

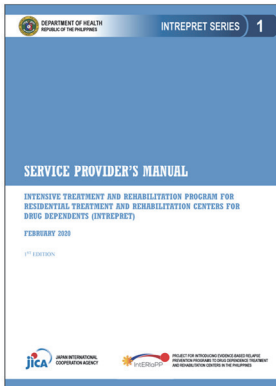
- 1) How has a lack of trust damaged relationships in your life?
- 2) How does the trust of your family and friends help in your recovery?
- 3) What else can you do to earn back people's trust?
- 4) What will you do if you can no longer bring back the trust of other people to you?
- 5) How do placing your trust in fellow treatment group members and self-help/NA group members help your recovery?

40. Work

- 1) How has your work life affected your recovery?
- 2) What steps have you taken to balance work with recovery?
- 3) Have you considered leaving your job?
- 4) Aside from the money, what do you find rewarding about your work?

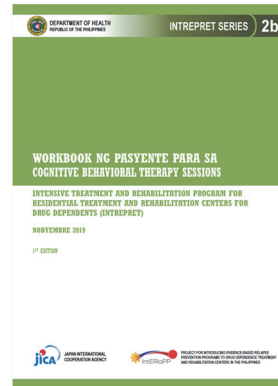
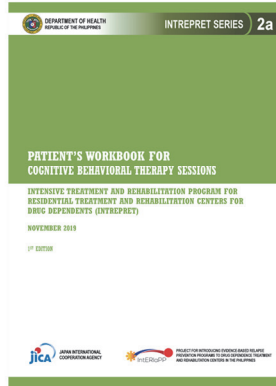
INTREPRET Series

1 Service Provider's Manual



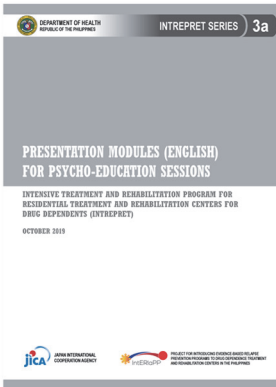
(English)

2 Patient's Workbook for Cognitive Behavioral Therapy Sessions

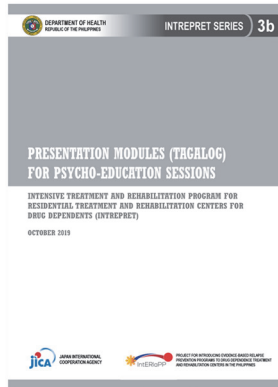


(Tagalog)

3 Presentation Modules for Psycho-Education Sessions



(English)

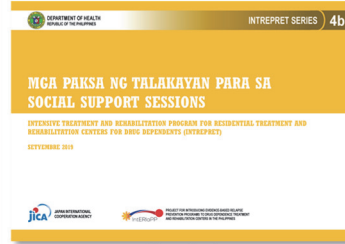


(Tagalog)

4 Discussion Topics for Social Support Sessions



(English)

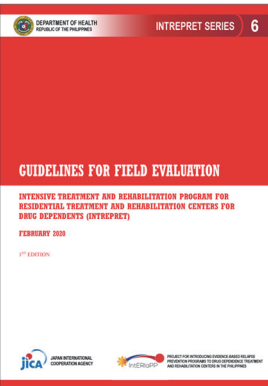


(Tagalog)

5 Training Kit



6 Guidelines for Field Evaluation



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