

Training Program for Administrators and Facilitators of Enhanced Treatment Program for Outpatient Services for Drug Users (ENTREPOSE)

	Modules	Topics	Contents	Materials (other than PowerPoint slides)	Duration	Lecturer
Day 1	-	Overview of the Training Program	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 1. ENTREPOSE Session Facilitation Standards <ul style="list-style-type: none"> ➤ 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	<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	
Day 2	Module 2: Basic Counselling Skills	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 		90 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: Preparation for Role Play Exercise (Part I)	<ol style="list-style-type: none"> 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	<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 	- Patient's Workbook	180 min	Offline

Day 4	Module 3: Motivating Clients for Treatment and Addressing Resistance	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 	<ul style="list-style-type: none"> 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	<ol style="list-style-type: none"> Core interviewing skills Ways to reflect Strategies to avoid 	<ul style="list-style-type: none"> 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	<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	Dr. Alphonso A. Villaroman, Chief of Hospital, TRC Bicutan
		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 	<ul style="list-style-type: none"> 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	<ol style="list-style-type: none"> The role of the clinician in CBT Principles of using CBT Creating a daily recovery plan 	<ul style="list-style-type: none"> Worksheet 1: Scheduling Schedule Book 	60 min	Ms. Ma Alodia C. Mercado
		Workshop 4-4: Preparation for Role Play Exercise (Part II)	<ol style="list-style-type: none"> Grouping arrangement 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	<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 	<ul style="list-style-type: none"> 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)