

MET-CBT 5 Checklist

MET 1 – Rapport and Motivation Building

- *Agency Youth Program MET-CBT Orientation Brochure*
- *Personalized Feedback Report (PFR), 2 copies*
- *Tips for Teens*

- Welcome & orientation *Agency Youth Program Orientation Brochure*
- Rapport-building (20 min.)
- Review of the PFR (30 min.) “*Personalized Feedback Report*”
 - a. Severity,
 - b. Problems of Use,
 - c. Reasons for Quitting,
 - d. Motivation
- Summary & Preparation for next session (10 min.)
- Hand Out - Alcohol and Drug Information “*Tips for Teens*”

MET 2 – Goal Setting & Knowledge is Power

- *Personal Goal worksheet* (Manual p. 44)
- *Knowledge is Power (Personal Awareness) worksheet* (p. 48)
- *Information and Expectations: Group Sessions* (p. 51)

- Welcome
- Review of progress (15 min.)
- Rationale for Goal-setting
- Goal-setting (20 min.) *Personal Goal worksheet*
- Rationale for Functional Analysis – Negative Habits, triggers etc.
- Knowledge is Power** (20 min.) – *Do in session practice with real experiences from client’s life.*
- Summary and preparation for group session (if applicable) (5 min.)
- Take Home Assignment Commitment – Minimum of 2 situations for filling out the **Knowledge is Power**.

CBT 3 – Refusal Skills & Assertive Communication

- *Marijuana Refusal Skills handout* (p. 65)
- *Marijuana Refusal Skills Reminders/Real Life Practice worksheet* (p. 67)
- *Knowledge is Power (Personal Awareness) worksheet* (extra copies)
- *Marijuana Refusal Skills/Skill Guidelines poster or handout* (p. 122-3)

- Welcome and introductions to group – (or skip if individual)
- Review of progress (Urges, Cravings, Use) (10 min.)
- Review of assignment (Knowledge is Power) (10 min.)
- Refusal skills (35 min.)
 - Review rationale (funneling, narrow social circle, avoid high risk people)
 - Teach styles of verbal and nonverbal communication – *Marijuana Refusal Skills Handout*
 - Rehearse through role-play- *Marijuana Refusal Skills Reminders/Real Life Practice Handout* (p. 67), Use examples from the *Knowledge is Power (Personal Awareness) worksheet* (extra copies)

- Take Home Assignment Commitment
 - Describe at least 2 real-life practice situations and obtain commitment to complete
- Summary and preparation for next session

CBT 4 – Social Support Network & Replacement Activities

- *Social Supports Reminder sheet (p. 72)*
- *Social Circle worksheet (p. 74)*
- *Social Support Practice Exercise sheet (p. 76)*
- *Enhancing One's Social Support Network poster or handout (p. 124)*
- *Knowledge is Power (Personal Awareness) worksheet (extra copies)*

- Review of progress (*cravings, slips, situations and treatment goals - 15 min.*)
- Review of real-life practice assignment (*10 min.- Refusal Skill & Assertive Communication Use across 2 Situations*)
- Enhancing support skills
 - Review rationale (boost confidence in coping ability, additional source of help – review different types of support)
 - Review potential sources of support (**Four Handouts- Soc Cir, Enhancing Supports, Real Life Practice, Pleasant Activities**)
 - Teach & practice ways of asking for support for quitting and about using pleasant activities
- Summary
- Take Home Assignment Commitment (**Knowledge is Power, Asking/Offering and Asking for Help/Support x 2, & trying 1 new pleasant activity**)

CBT 5 – Planning for High-Risk Situations & Problem Solving

- *Personal Emergency Plan handout (p. 81)*
- *Planning for Emergencies and Coping with Relapse poster or handout (p. 125)*
- *Steps for Problem Solving poster or handout (p. 126)*
- *Knowledge is Power (Personal Awareness) worksheet (extra copies)*

- Review of progress (*cravings, slips, situations and treatment goals - 15 min.*)
- Review of asking and offering help/support real-life practice assignment (*15 min.*)
- Planning for emergencies and coping with slips/relapse (*35 min.*)
 - Review rationale (preparation for high-risk situations increases likelihood of effective coping) – **Personal Emergency Plan**
 - Brainstorm potential high-risk/emergency situations
 - Give introduction to problem-solving skills – (Rationale – we all have problems: what matters is how you deal with them) **Problem Solving Handout**
 - Review a real problem (remaining in recovery) and use model to brainstorm and evaluate possible options to choose.
 - Review that relapse is not uncommon, opportunity for learning
 - Develop coping plan and re-emphasize use of problem solving model and newly learned relapse skills with **Personal Emergency Plan Handout**
- Summarize and terminate (*10 min.*)