

THE BASICS, Second Edition by Rhonda McKillip, LLC; Topic Division *From Subject One Through Subject Eight*; Permission Granted to *Adapt/Revise* to Meet The Program Development Needs of Any Agency/Treatment Facility; Note: This is *not* related to the Lesson Plans. It is a complete list of the topics in the Subjects from beginning to end.

Psychoeducational Content Subject One *Through* Subject Eight

Week 1 Psychoeducational Topic: Bio-Psycho-Socio-Cultural-Environmental-Spiritual Recovery Page 1

	Group Opening
a	Bio-Psycho-Socio-Cultural-Environmental-Spiritual Approach (Subject 1-5 – 1-15)
b	The Integrated Treatment Approach (Subject 1-19 – 1-22)
c	Effects of Alcohol and Other Drugs on Mental Health (Appendix IA)
d	The Withdrawal Symptoms of Alcohol and Other Drugs (Appendix 1B)
e	Ethnic, Cultural, and Personal Identify (Subject 1-23 – 1-28)
f	How People Change Behaviors (Subject 1-28 – 1-39)
	Group Closure (Reading: <u>The Journey</u> Handout)

Week 1 Topic Process Group Focus: The Link Between Mental Health & Substance Use Disorders

	Group Opening
	Read and Discuss: Link Between Mental Health & Substance Use Disorders (Handout Information)
	Handout #1: <u>“Personal Assessment - The Link Between Mental Health & Substance Use Disorders”</u>
	Group Closure (Reading: <u>“Change”</u> Handout)

Week 1 Psychoeducational Topic: The Group Process

	Group Opening
a	The Johari Window (Subject 1-39 – 1-42)
b	Self-Disclosure; Feedback; Trust (Subject 1-42 – 1-46)
c	Benefits of Group (Subject 1-46 – 1-48)
d	Communication Skills & Styles (Subject 1-49 – 1-58)
e	Getting the Most Out of Group (Subject 1-58 – 1-63)
	Group Closure (Subject 1-65-1-66) (Reading: from Daily Meditation Book)

Week 1 Topic Process Group Focus: Getting The Most Out of Group & Stages of Change

	Group Opening
	Getting the Most Out of Group (Brief Review: Subject 1-58 – 1-63)
	Stages of Change (Brief Review: Subject 1-29)
	Handout #2: <u>The Rules for Being Human</u>
	Group Closure (Reading: <u>“You May Be Strong”</u> Handout)

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Week 2 Psychoeducational Topic: Psychiatric Disorders: Mood Disorders & Anxiety Disorders

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	Group Opening
a	Overview of Psychiatric Disorders (Subject 2-4)
b	Diagnosing a Psychiatric Disorder (Subject 2-6 – 2-7)
c	Major Depression & Dysthymic Disorder (Subject 2-8 – 2-14)
d	Bipolar Disorder (Subject 2-14 – 2-20)
e	Anxiety Disorders (Subject 2-21 – 3-33)
	Group Closure (Reading and Brief Introduction on Board: <u>Looking For Some Serenity? Try Putting the <i>Serenity</i> Prayer Into Your Day Handout</u>)

Week 2 Topic Process Group Focus: Changing Negative Thinking to Positive Thinking

	Group Opening
	Handout #3: <u>Changing Thinking Can Change Attitudes</u> (page 1)
	Group Closure (Reading: <u>We are in charge of our attitudes... Handout</u>)

Week 2 Psychoeducational Topic: Psychiatric Disorders: Thought Disorders, Personality Disorders, Eating Disorders, & Changing Negative Thinking

	Group Opening
a	Thought Disorders (Subject 2-34 – 2-40)
b	Personality Disorders (Subject 2-40 – 2-56)
c	Eating Disorders (Subject 2-56 – 2-62)
d	Changing Negative Thinking to Positive Thinking (Subject 2-63 – 2-70)
	Group Closure (Subject 2-71 – 2-72) (Reading: from Daily Meditation Book)

Week 2 Topic Process Group Focus: Changing Negative Thinking to Positive Thinking

	Group Opening
	Handout #4: <u>Changing Thinking Can Change Attitudes</u> (page 2)
	Group Closure (Reading: <u>Today Handout</u>)

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Week 3 Psychoeducational Topic: Substance Disorders

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	Group Opening
a	Substance Abuse (Subject 3-1 – 3-12)
b	Substance Dependence (Subject 3-12 – 3-21)
c	Gender, Age, Sexual Orientation, and Culture (Subject 3-21 – 3-25)
d	Substance Disorders Are Family Illnesses (Subject 3-25 – 3-28)
e	Addiction Is A Brain Disorder (Subject 3-28 – 3-38)
	Group Closure (Reading: “Autobiography in Five Short Chapters” Handout)

Week 3 Topic Process Group Focus: Weighing The Pros and Cons of Using Alcohol & Other Drugs

Group Opening	
Cover by Reading, Using Board, and Interaction: <u>Weighing the Pros and Cons of Using Alcohol and Other Drugs</u> “The Balance Scale” Handout	
Handout #5: <u>Discovery Worksheet</u> (page 1)	
Group Closure (Reading: <u>Positively Negative</u> Handout)	

Week 3 Psychoeducational Topic: Substance Disorders: Medical Disorders of the Brain

	Group Opening
a	How Specific Drugs Affect the Brain (Subject 3-38 – 3-47)
b	Specific Drugs & Mental Health (Subject 3-47 – 3-49)
c	Progressive Stages of the Addictive Process (Subject 3-49 – 3-51)
d	Identifying Problems Related to Substances (Subject 3-52 – 3-59)
e	De-nial Is Not a River in Egypt (Subject 3-59 – 3-65)
f	Moving Toward Abstinence (Subject 3-67 – 3-72)
	Group Closure (Subject 3-74 – 3-75) (Reading: from Daily Meditation Book)

Week 3 Topic Process Group Focus: Discovery Worksheet

Group Opening	
Cover by Reading, Using Board, and Interaction: <u>Personal Assessment of the Consequences and Problems of Substance Abuse and Dependence</u> Handout (page1 & 2)	
Handout #6: <u>Discovery Worksheet</u> (page 2)	
Group Closure (Reading: “Yesterday” Handout)	

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Psychoeducational Content Subject One Through Subject Eight

Week 4 Psychoeducational Topic: The Immune System, Stress, & STD's

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	Group Opening
a	The Connection Between Stress and The Immune System, Substance Disorders, Depression Anxiety, and Isolation (Subject 4-1 – 4-10)
b	Sexually Transmitted Diseases (STD's) and Human Immunodeficiency Virus (HIV)/Acquired Immune Deficiency Syndrome (AIDS) (Subject 4-11 – 4-15)
c	Hepatitis and Tuberculosis (Subject 4-15 – 4-22)
d	Contributors To An Unhealthy Immune System (Subject 4-23 – 4-27)
e	Strengthening The Immune System (Subject 4-27 – 4-28)
f	Substance Disorders, The Immune System, Stress, and Physical Health (Subject 4-28 – 4-35)
g	Alcohol and Other Drugs Affect Behaviors (Subject 4-36 – 4-39)
	Group Closure: (Reading: <u>Information on Alcoholics Anonymous: Twelve Steps</u>)

Week 4 Topic Process Group Focus: Physical Health Personal Risk Assessment Part I

	Group Opening
	Cover by Reading, Using Board, and Interaction: <u>Physical Complications of Alcohol Abuse or Dependence Handout</u>
	Handout #7: <u>Physical Health Personal Risk Assessment</u> (page 1)
	Group Closure (Reading: <u>Information on Alcoholics Anonymous: Twelve Traditions</u>)

Week 4 Psychoeducational Topic: Effects of Substance and Psychiatric Disorders on Physical Health

	Group Opening
a	Effects of Alcohol and Other Drugs on Physical Health (Appendix IVA)
b	Effects of Alcohol and Other Drugs on Fertility, Pregnancy, Delivery, and Prenatal Effects on Infants Through Their Adulthood (Appendix IVB)
c	Depression, The Immune System, Stress, and Physical Health (Subject 4-41– 4-44)
d	Anxiety, The Immune System, Stress, and Physical Health (Subject 4-44 – 4-46)
e	Isolation, The Immune System, Stress, and Physical Health (Subject 4-46 – 4-49)
f	Medication Issues in Dual Diagnosis (Subject 4-50 – 4-66)
	Group Closure (Subject 4-68 – 4-69) (Reading: from Daily Meditation Book)

Week 4 Topic Process Group Focus: Physical Health Personal Risk Assessment Part II

	Group Opening
	Handout #8: <u>Physical Health Personal Risk Assessment</u> (page 2)
	Group Closure (Reading: "Recovery 'Letting Go' Handout)

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Psychoeducational Content Subject One *Through* Subject Eight

Week 5 Psychoeducational: Coping With Stress and Anger With Healthy Alternatives To Alcohol and Other Drug Abuse

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	Group Opening
a	Emotions or Feelings (Subject 5-1 – 5-2)
b	Avoiding Painful Emotions (Subject 5-2 – 5-7)
c	Neurochemistry and Emotions (Subject 5-7 – 5-16)
e	Working Through and Coping with Neurological Processes (Subject 5-16 – 5-25)
f	Stress (Subject 5-25 – 5-32)
g	Anger (Subject 5-32 – 5-42)
	Group Closure (Reading: “Which Place” Handout)

Week 5 Topic Process Group Focus: Coping With Stress & Unpleasant Emotions With Healthy Alternatives To Alcohol and Other Drug Abuse Part I

	Group Opening
	Handout #9: <u>Personal Emotions Management Plan: Coping with Stress & Uncomfortable Emotions (Stress, Anger, Depression, Anxiety, and Worry) <i>WITHOUT</i> Drinking and/or Drugging</u> (page 1)
	Cover by Reading, Using Board, and Interaction: <u>Personal Emotions Management Plan: Coping with Stress & Uncomfortable Emotions (Stress, Anger, Depression, Anxiety, and Worry) <i>WITHOUT</i> Drinking and/or Drugging Handout</u> (page 2)
	Group Closure (Reading: “Care of Depression Monsters” Handout, page 1)

Week 5 Psychoeducational Topic: Coping With Depression, Grief, Loss, Guilt, Shame, Anxiety, Worry, Fear & Boredom With Healthy Alternatives To Alcohol and Other Drug Abuse & Rational Emotive Therapy

	Group Opening
a	Depression (Subject 5-42 – 5-48)
b	Grief and Loss (Subject 5-48 – 5-56)
c	Guilt and Shame (Subject 5-57– 5-58)
d	Anxiety, Worry, and Fear (Subject 5-58 – 5-62)
e	Fear (Subject 5-62 – 5-64)
f	Boredom (Subject 5-65 – 5-66)
g	Rational-Emotive Therapy (RET) (Subject 5-66 – 5-74)
	Group Closure (Subject 5-76 – 5-78) (Reading: from Daily Meditation Book)

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Psychoeducational Content Subject One *Through* Subject Eight

Week 5 Topic Process Group Focus: Coping With Stress & Unpleasant

Page 6

Healthy Alternatives To Alcohol and Other Drug Abuse Part II

Group Opening

Cover by Reading, Using Board, and Interaction: Personal Emotions Management Plan: Coping with Stress & Uncomfortable Emotions (Stress, Anger, Depression, Anxiety, and Worry) *WITHOUT* Drinking and/or Drugging Handout (page 3)

Handout #10: Personal Emotions Management Plan: Coping with Stress & Uncomfortable Emotions (Stress, Anger, Depression, Anxiety, and Worry) *WITHOUT* Drinking and/or Drugging (page 4)

Group Closure (Reading: "Care of Depression Monsters" Handout, page 2)

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Psychoeducational Content Subject One Through Subject Eight

Week 6 Psychoeducational Topic: Foundations of the Recovery Process:

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Abstinence and Nutrition

	Group Opening
a	Acceptance, Patience, and Attitude (Subject 6-1 – 6-8)
b	The Process of Recovery (Subject 6-8 – 6-14)
c	Foundations of Recovery: Abstinence, Self-Care, Support (Subject 6-14)
d	Staying Abstinent – No Matter What (Subject 6-15 – 6-25)
e	Cravings and Urges to Use (Subject 6-25 – 6-33)
f	Self-Care (Subject 6-33)
g	Develop Nutritional Habits (Subject 6-33 – 6-44)
	Group Closure (Reading: Risk Taking Is Free Handout)

Week Topic 6 Process Group Focus: Controlling Cravings Before They Control You Part I

	Group Opening
	Handout #11: <u>Controlling Cravings Before They Control You</u> (page 1)
	Group Closure (Reading: <i>“Rarely have we seen a person fail thoroughly followed our path.”</i> – The Journey & Rewards of the Twelve Steps Handout)

Week 6 Psychoeducational Topic: Foundations of the Recovery Process – Rest, Exercise, Balance, & Support

	Group Opening
a	Get Plenty of Sleep and Rest (Subject 6-44 – 6-46)
b	Exercise Regularly, Medical & Dental Care, Good Grooming (Subject 6-47 – 6-48)
c	Balance In All Areas (Subject 6-48 – 6-50)
e	Live a Positive Life, Live an Active Life, & Live in the Present (Subject 6-50 – 6-56)
f	Support Network, Self-Help Groups, & Family, Friend’s, and Partner’s Support (Subject 6-56 – 6-62)
g	Attending Meetings (Subject 6-62 – 6-73)
h	Getting a Sponsor (Subject 6-74 – 6-80)
	Group Closure (Subject 6-80 – 6-81) (Reading: from Daily Meditation Book)

Week 6 Topic Process Group Focus: Controlling Cravings Before They Control You Part II

	Group Opening
	Handout #12: <u>Controlling Cravings Before They Control You</u> (page 2)
	Group Closure: (Reading: <u>The Trouble Tree Handout</u>)

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Psychoeducational Content Subject One *Through* Subject Eight

Week 7 Psychoeducational Topic: The Process of Recovery – On-Going Physical, Emotional, & Mental Recovery & Character Defects, Self-Defeating Behaviors, and Codependency Page 8

	Group Opening
a	Recovery Takes Courage (Subject 7-1 – 7-2)
b	Identifying the Recovery Process: “Dry Drunk” Syndrome and Recovery (Subject 7-2 – 7-5)
c	Ongoing Physical Recovery: Post Acute Withdrawal (Subject 7-5 – 7-8)
d	Ongoing Emotional Recovery: Frozen Feelings (Subject 7-8 – 7-15)
e	Ongoing Mental Health Recovery: Changing Thinking (Subject 7-15 – 7-19)
f	Thinking Increases or Decreases Emotional Intensity (Subject 7-19 – 7-24)
g	Character Defects: Procrastination & Perfection (Subject 7-24 – 7-31)
h	Self-Defeating Behaviors (Subject 7-32 – 7-36)
i	Codependency (Subject 7-37 – 7-43)
	Group Closure (Reading “ <u>Twelve Steps Downward</u> ” Handout)

Week 7 Topic Process Group Focus: Personal Circle of Recovery

	Group Opening
	Handout #13 : <u>Personal Circle of Recovery</u>
	Group Closure: (Reading: <u>Things I Have Learned</u> Handout)

Week 7 Psychoeducational Topic: The Process of Recovery – Developing Healthy Relationships With Oneself, With Family, With Others, and With Spiritual or Higher Self

	Group Closure
a	Developing a Relationship With Yourself With Self-Esteem (Subject 7-44 – 7-51)
b	Boundaries (Subject 7-51 – 7-56)
c	Developing Healthy Relationships With Family (Subject 7-56 – 7-62)
d	The Family During Treatment & The Family in Recovery (Subject 7-63 – 7-67)
e	Developing Relationships With Others (Subject 7-67 – 7-70)
f	Developing a Relationship With Your Spiritual or Higher Self (Subject 7-70 – 7-81)
	Group Closure (Subject 7-84 – 7-85) (Reading: from Daily Meditation Book)

Week 7 Topic Process Group Focus: Balance and Personal Recovery Involvement

	Group Opening
	Handout #14: <u>Balance Is Key to Recovery – Personal Recovery Involvement Checklist</u>
	Group Closure: (Reading: <u>Lessons From Geese</u> Handout)

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Psychoeducational Content Subject One Through Subject Eight

Week 8 Psychoeducational Topic: Coping With Crisis & The Basics of

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Substance and Psychiatric “Reoccurrence of Symptoms” or “Relapse”

	Group Opening
a	Coping with Crisis (Subject 8-1 – 8-7)
b	The Basics About Relapse Prevention (Subject 8-7 – 8-15)
c	Preventing a Recurrence of Symptoms (Subject 8-16 – 8-20)
d	Identifying Substance Dependence Relapse Warning Signs (Subject 8-20 – 8-22)
e	Identifying Psychiatric Relapse Warning Signs (Subject 8-22 – 8-26)
f	Culture Family, Gender, and Relapse (Subject 8-26 – 8-31)
g	Specific Triggers and Interventions (Subject 8-31 – 8-38)
	Group Closure (Reading: “Which Place” Handout)

Week 8 Topic Process Group Focus: Personal Relapse and Crisis Prevention Plan – Part I

	Group Opening
	Cover by Reading, Using Board, and Interaction: <u>Personal Identification of External Relapse Triggers and Personal Identification of Internal Triggers That Can Lead to Relapse or a Crisis</u> (pages 1 & 2)
	Handout #15: <u>My Personal Relapse and Crisis Prevention Plan</u> (page 1)
	Group Closure: (Reading: <u>Don’t Quit</u> Handout)

Week 8 Psychoeducational Topic: Coping With a Relapse, Relapse Prevention Plan, Maintaining Recovery, & Addressing Violence (Past & Present)

	Group Opening
a	Coping With a Relapse and Relapse Prevention Plan (Subject 8-38 – 8-49)
b	Learn to Relax to Reduce Stress and Prevent Relapse (Subject 8-49 – 8-51)
c	Build Structure Into Daily routines & Relapse Prevention Strategies for Chemical Dependency (Subject 8-52 – 8-55)
d	Deepen Contact With Spiritual Side and Higher Power (Subject 8-55 – 8-62)
e	Identify High Risks, Charting a Relapse, & Daily Relapse Prevention Inventory (Subject 8-62 – 8-64)
f	Maintaining Recovery (Subject 8-64 – 8-73)
g	Addressing Violence – Past & Present (Domestic Violence & Childhood Sexual Abuse) (Subject 8-73 – 8-80)
	Group Closure (Subject 8-82 – 8-84) (Reading: from Daily Meditation Book)

Week 8 Topic Process Group Focus: Personal Relapse and Crisis Prevention Plan – Part II

	Group Opening
	Cover by Reading, Using Board, and Interaction: <u>Personal Identification of External Relapse Triggers and Personal Identification of Internal Triggers That Can Lead to Relapse or a Crisis</u> (pages 3 & 4)
	Handout #16: <u>My Personal Relapse and Crisis Prevention Plan</u> (page 2)
	Group Closure (Reading: <u>This is Recovery?</u> Handout)