

LESSON PLANS DIVIDED BY TOPICS FOR PRACTICAL APPLICATION

THE BASICS, Second Edition: A Curriculum for Co-Occurring Psychiatric and Substance Disorders
AUTHOR: Rhonda McKillip, M.Ed., LMHC, MAC, CCDCIII, CDP; FOREWORD: Kenneth Minkoff, MD.

TOPIC: INTEGRATED TREATMENT RECOVERY & APPROACH

- **Overview of Psychiatric Disorders & *The Link Between Mental Health and Substance Use Disorders***
- **Biological-Psychological-Social-Cultural-Environmental-Spiritual *Approach and Recovery***
- **Acceptance, Patience, Attitude, and Gratitude**
- **Getting the Most Out of the Group Process: Benefits, Skills, Values, & Techniques**
- **Focusing on the Similarities and *Not* the Differences & Cultural Diversity**
- **The Process of Recovery and Treatment Works!**

TOPIC: SYMPTOM IDENTIFICATION & SYMPTOM MANAGEMENT OF PSYCHIATRIC DISORDERS

- **Depression & Major Depression Co-Occurring With Substance Disorders**
- **Diagnosing Psychiatric Disorders and The Mood Disorder Dysthymia**
- **Depression in Women, Men, and Seniors & Treatment for Major Depression and Dysthymia**
- **The Basics About Bipolar Disorder, Mania & Hypomania**
- **The Basics About Anxiety Disorders & Types, Symptoms, and Treatment**
- **Anxiety & Anxiety Disorders Co-Occurring With Substance Disorders**
- **The Basics About Thought Disorders & Schizophrenia**
- **Medications: Planned Effects, Coping With Side Effects, Differences Between Meds & Drugs, and Docs & Dealers**
- **Safe Medication Practices & The “Twelve Step Program and Medications”**
- **Personality Temperament, Traits, Problems, and Disorders**
- **Eating Disorders: Anorexia Nervosa, Bulimia Nervosa & Binge-Eating**

TOPIC: SYMPTOMS IDENTIFICATION & SYMPTOM MANAGEMENT OF SUBSTANCE USE DISORDERS

- **Diagnosing Substance Dependence & Why People Use Alcohol and Other Drugs**
- **The Differences Between Substance Use, Abuse, and Dependence**
- **Identifying the Specific Characteristics of Substance Dependence, Part I**
- **Identifying the Specific Characteristics of Substance Dependence, Part II**
- **Activity Addictions Of Gambling, Sex, Love, Food, Spending, or Religious Addiction**
- **Acute Withdrawal Symptoms of Alcohol and Other Drugs**
- **Cravings: Defining, Identifying, and Managing Urges to Use Alcohol & Other Drugs**
- **Discovering The Brain Chemistry of Cravings, Managing Cravings, & Developing Refusal Skills**
- **Developing Skills to Refuse Alcohol and Other Drugs & Controlling Cravings Before They Control You**

TOPIC: NEUROCHEMISTRY OF SUBSTANCE DEPENDENCE

- **Addiction Is a Brain Disorder & Disruption of the Neurotransmission**
- **Addiction Vulnerability Is Primarily Inherited – Exactly *What* Is Inherited?**
- **Identifying Personal Genetic Vulnerability and Risk of Substance Dependence**
- **Alcoholism & Addiction: Genetics, Brain Chemistry (*Working & Not Working*), and Brain Healing**

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TOPIC: MOVING TOWARD CHANGE

- **Reducing Harmful Use & Developing a Harm Reduction Plan**
- **The Definitions and Purposes of Denial & Defenses**
- **De-Nial Is Not a River in Egypt & The Many Faces of Denial**
- **Denial & Defenses, and Personal Awareness Through The *Discovery* Worksheet**
- **Stages of Change, Motivation, Choices, & Working Through Ambivalence**
- **Recognizing Ambivalence & Weighing the Pros and Cons of Change**
- **Moving Toward Abstinence & Choosing to Make The Decision to Change**
- **Staying Abstinent No Matter What & Tools for Abstinence**

TOPIC: PROGRESSION OF UNTREATED DISORDERS

- **Co-Occurring Disorders and Progressive Stages of The Addictive Process**
- **Effects of Alcohol, Stimulants, and Cannabis Sativa & Other Drugs on Mental Health**
- **Effects of Alcohol, Stimulants, and Cannabis Sativa & Other Drugs on Physical Health**
- **Effects of Nicotine/Smoking on Mental & Physical Health, Pregnancy & Infants, and Withdrawal & Quitting Smoking**
- **Alcohol: Effects on Mental Health, Physical Health, FAS & FAE and Physical Health Personal Risk Assessment**
- **FAS (Fetal Alcohol Syndrome) & FAE (Fetal Alcohol Syndrome) Symptoms, Treatment, and Self-Forgiveness**
- **Identifying Areas of Problems or Consequences Related to Substance *Abuse* and *Dependence***
- **Personal Assessment of the *Consequences* and *Problems* of Substance Abuse and Dependence**

TOPIC: PHYSICAL RECOVERY & HEALTH

- **The Immune System, Stress, STDs, and Reducing Risk**
- **Contributors to an Unhealthy Immune System & Strengthening the Immune System**
- **Hepatitis and Tuberculosis: Definitions, Transmission, Symptoms, Prevention, and Treatment**
- **STDs, HIV/AIDS, Hepatitis A, and B, and C, & Reducing Risk**
- **Depression, Anxiety, & Isolation and The Immune System, Stress, & Physical Health**
- **Ongoing Physical Recovery & Post Acute Withdrawal**

TOPIC: STRESS IDENTIFICATION & MANAGEMENT

- **Stress, Stressors, and Stress Management**
- **Stress and Co-Occurring Disorders & Daily Stress Management Skills**

TOPIC: SELF-CARE

- **Self-Care in Areas of Sleep, Medical & Dental Care, and Balanced Living**
- **Nutrition and Dual Disorders & Developing Healthy Nutritional Habits**
- **The Role of Blood Sugar in Recovery & Managing Blood Sugar**
- **Healing Body & Brain By Eating Right and Developing Nutritional Planning & Shopping Skills**

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TOPIC: THINKING/COGNITIVE RECOVERY & HEALTH

- **Rational-Emotive Therapy (RET)**
- **Identifying Negative Thinking Patterns & Changing Negative Thinking to Positive Thinking**
- **Identifying Patterns of Thoughts, Challenging Non-Helpful Automatic Thoughts, & Developing Reframing Skills**
- **Changing Negative Thought Patterns and Habits to Positive Self-Talk Messages**

TOPIC: EMOTIONAL RECOVERY & HEALTH

- **Neurochemistry of Toxicity and Emotions as the Brain Wakes Up**
- **Working Through and Coping With Neurological Processes**
- **Emotions or Feelings and Coping With Stress & Uncomfortable Emotions**
- **Co-Occurring Disorders & Sadness and Depression**
- **Understanding and Coping With Guilt, Shame, Anxiety, Worry, Fear & Boredom**
- **Understanding Grief and Loss & Developing a Plan to Cope With Grieving**
- **On-Going Emotional Recovery, Hidden Fear, Outward Defenses, and Ways to Express Emotions**
- **Anger, Expressing Anger & The Mis-Management of Anger**
- **Understanding Resentments & Anger and Anger Management Techniques**

TOPIC: FAMILY AND SOCIAL RECOVERY & HEALTH

- **Gender, Age, Sexual Orientation, Culture, & Family and Substance Disorders**
- **The Basics About Family Systems & Developing Relationships With Family**
- **The Family in Recovery & Developing Relationships With Others**

TOPIC: SELF-HELP & TWELVE STEP GROUPS

- **Self-Help Groups and The Twelve Step Program**
- **Getting a Home Group – Getting a Sponsor – Working the Twelve Steps**

TOPIC: PERSONAL DEVELOPMENT & RECOVERY

- **Fear in Early Recovery & Developing Self-Awareness With the Johari Window**
- **Self-Esteem & External, Internal, Physical, and Emotional Boundaries**
- **Developing a Relationship With Yourself Through Building Self-Esteem**
- **Identifying & Working Through Character Defects**
- **Codependency Defined & Patterns, Characteristics, and Recovery**
- **Procrastination, Perfectionism, and Identifying & Changing Self-Defeating Behaviors**

TOPIC: LIFE SKILLS

- **Breaking Isolation, Benefits of Laughter & Humor, and Learning to Have Fun**
- **Living a Positive & Active Life and Building Support Networks**
- **Relaxation Skills, Building Structure, and Working the Steps To Reduce Stress And Prevent Relapse**
- **Coping With Crisis, Suicide Prevention, and Spiritual Practice**
- **Passive, Aggressive, Passive-Aggressive, and Assertive Communication Styles**
- **Assertive Communication Style & How To Be Assertive**
- **Vocation & Employment, Problem Solving, and Money & Time Management**

TOPIC: SPIRITUAL RECOVERY

- **Elements of Spiritual Health and Personal Circle of Recovery**
- **Developing a Relationship With Your Spiritual or Higher Self**

TOPIC: PREVENTING RELAPSE IN SUBSTANCE USE DISORDERS & RECURRENCE OF SYMPTOMS IN PSYCHIATRIC DISORDERS

- **The Basics About Relapse or Recurrence of Symptoms of Co-Occurring Disorders**
- **Preventing a Recurrence of Symptoms & Identifying Substance Dependence Relapse Warning Signs**
- **Relapse Prevention Skills for Substance Dependence Disorders**
- **Identifying Psychiatric Relapse Triggers and Warning Signs of a Recurrence of Symptoms**
- **Coping With Relapse & Turning a Relapse Into a *Learning* Experience**
- **Culture, Family, Gender, and Relapse & *Personal* Identification of *External* Relapse Triggers**
- **Specific Relapse Triggers and Solutions & Co-Occurring Disorders and Stress**
- **Personal Identification of Relapse and Crisis *Internal* Triggers**
- **Developing “My *Personal* Relapse and Crisis Prevention Plan”**

TOPIC: MAINTAINING RECOVERY

- **Living the Program, Maintaining the Program, Setting Goals, & Maintaining Conflict**
- **The Crisis *Making* Process & The Crisis *Coping* Process**
- **Addressing Violence – Past (Childhood Trauma) and Present (Domestic Violence)**