

NOTE: Each section contains multiple lesson plans. Each lesson can easily be divided into two or more groups or stay as one at the discretion of the treatment team and depending on the length of the program

LEVEL I GROUPS:

The Basics About Integrated Treatment and Recovery

1. **Getting the Most Out of the Group Process: Benefits, Skills, Values, & Techniques**
2. **Focusing on the Similarities and *Not* the Differences & Cultural Diversity**
3. **Overview of Psychiatric Disorders & *The Link Between Mental Health and Substance Use Disorders***
4. **Fear in Early Recovery & Developing Self-Awareness With the Johari Window**
5. **Biological-Psychological-Social-Cultural-Environmental-Spiritual *Approach* and *Recovery***
6. **Acceptance, Patience, Attitude, and Gratitude**
7. **Stages of Change, Motivation, Choices, & Working Through Ambivalence**
8. **Recognizing Ambivalence & Weighing the Pros and Cons of Change**
9. **The Process of Recovery and Treatment Works!**

Understanding Co-Occurring Psychiatric and Substance Use Disorders

1. **Addiction Is a Brain Disorder & Disruption of the Neurotransmission**
2. **Addiction Vulnerability Is Primarily Inherited – Exactly *What* Is Inherited?**
3. **Identifying Personal Genetic Vulnerability and Risk of Substance Dependence**
4. **Alcoholism & Addiction: Genetics, Brain Chemistry (*Working & Not Working*), and Brain Healing**
5. **Diagnosing Substance Dependence & Why People Use Alcohol and Other Drugs**
6. **The Differences Between Substance Use, Abuse, and Dependence**
7. **Identifying the Specific Characteristics of Substance Dependence, Part I**
8. **Identifying the Specific Characteristics of Substance Dependence, Part II**

Managing and Coping With Anger, Stress, and Unpleasant Emotions RET

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

Discovering Barriers to Recovery and Moving Toward Change

1. Reducing Harmful Use & Developing a Harm Reduction Plan
2. The Definitions and Purposes of Denial & Defenses
3. De-Nial Is Not a River in Egypt & The Many Faces of Denial
4. Denial & Defenses, and Personal Awareness Through The *Discovery Worksheet*
5. Identifying Areas of Problems or Consequences Related to Substance *Abuse and Dependence*
6. Personal Assessment of the *Consequences and Problems* of Substance Abuse and Dependence
7. Moving Toward Abstinence & Choosing to Make The Decision to Change
8. Staying Abstinent No Matter What & Tools for Abstinence

Self Care: Sleep, Medical & Dental Care, Balanced Living, Nutrition, and Managing Stress

1. Self-Care in Areas of Sleep, Medical & Dental Care, and Balanced Living
2. Nutrition and Dual Disorders & Developing Healthy Nutritional Habits
3. The Role of Blood Sugar in Recovery & Managing Blood Sugar
4. Healing Body & Brain By Eating Right and Developing Nutritional Planning & Shopping Skills
5. Stress, Stressors, and Stress Management
6. Stress and Co-Occurring Disorders & Daily Stress Management Skills

LEVEL II GROUPS

Treating Co-Occurring Psychiatric and Substance Use Disorders and Learning to Live With Them

1. Activity Addictions Of Gambling, Sex, Love, Food, Spending, or Religious Addiction
2. Acute Withdrawal Symptoms of Alcohol and Other Drugs
3. Cravings: Defining, Identifying, and Managing Urges to Use Alcohol & Other Drugs
4. Discovering The Brain Chemistry of Cravings, Managing Cravings, & Developing Refusal Skills
5. Developing Skills to Refuse Alcohol and Other Drugs & Controlling Cravings Before They Control You
6. Medications: Planned Effects, Coping With Side Effects, Differences Between Meds & Drugs, and Docs & Dealers
7. Safe Medication Practices & The “Twelve Step Program and Medications”

Personal Development and Developing a Relationship With Yourself

1. Self-Esteem & External, Internal, Physical, and Emotional Boundaries
2. Developing a Relationship With Yourself Through Building Self-Esteem
3. Identifying & Working Through Character Defects
4. Codependency Defined & Patterns, Characteristics, and Recovery
5. Procrastination, Perfectionism, and Identifying & Changing Self-Defeating Behaviors

Developing a Support Network and Spiritual Connection

1. Living a Positive & Active Life and Building Support Networks
2. Self-Help Groups and The Twelve Step Program
3. Getting a Home Group – Getting a Sponsor – Working the Twelve Steps
4. Role-Playing a Twelve-Step Program and Discussions
5. Big Book Reading and Discussions
6. Elements of Spiritual Health and Personal Circle of Recovery
7. Developing a Relationship With Your Spiritual or Higher Self

Understanding and Treating Anxiety, Depressive, and Mood Disorders

1. Depression & Major Depression Co-Occurring With Substance Disorders
2. Diagnosing Psychiatric Disorders and The Mood Disorder Dysthymia
3. Depression in Women, Men, and Seniors & Treatment for Major Depression and Dysthymia
4. The Basics About Bipolar Disorder, Mania & Hypomania
5. The Basics About Anxiety Disorders & Types, Symptoms, and Treatment
6. Anxiety & Anxiety Disorders Co-Occurring With Substance Disorders

Preventing Relapse in Substance Use Disorders & Recurrence of Symptoms in Psychiatric Disorders

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

LEVEL III GROUPS

Developing Relationships With Others and With Family

1. Breaking Isolation, Benefits of Laughter & Humor, and Learning to Have Fun
2. Passive, Aggressive, Passive-Aggressive, and Assertive Communication Styles
3. Assertive Communication Style & How To Be Assertive
4. The Basics About Family Systems & Developing Relationships With Family
5. The Family in Recovery & Developing Relationships With Others
6. Gender, Age, Sexual Orientation, Culture, & Family and Substance Disorders

The Effects of Alcohol and Other Drugs on Physical & Mental Health

- 1. Co-Occurring Disorders and Progressive Stages of The Addictive Process**
- 2. Effects of Alcohol, Stimulants, and Cannabis Sativa & Other Drugs on Mental Health**
- 3. Effects of Alcohol, Stimulants, and Cannabis Sativa & Other Drugs on Physical Health**
- 4. Effects of Nicotine/Smoking on Mental & Physical Health, Pregnancy & Infants, and Withdrawal & Quitting Smoking**
- 5. Alcohol: Effects on Mental Health, Physical Health, FAS & FAE and Physical Health Personal Risk Assessment**
- 6. FAS (Fetal Alcohol Syndrome) & FAE (Fetal Alcohol Syndrome) Symptoms, Treatment, and Self-Forgiveness**

Physical Recovery & Health

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

Understanding and Treating Schizophrenia, Personality Disorders, and Eating Disorders & Cognitive/Thinking Recovery and Health

- 1. The Basics About Thought Disorders & Schizophrenia**
- 2. Personality Temperament, Traits, Problems, and Disorders**
- 3. Eating Disorders: Anorexia Nervosa, Bulimia Nervosa & Binge-Eating**
- 4. Rational-Emotive Therapy (RET)**
- 5. Identifying Negative Thinking Patterns & Changing Negative Thinking to Positive Thinking**
- 6. Identifying Patterns of Thoughts, Challenging Non-Helpful Automatic Thoughts, & Developing Reframing Skills**
- 7. Changing Negative Thought Patterns and Habits to Positive Self-Talk Messages**

Living the Program and Maintaining Recovery

- 1. Living the Program, Maintaining the Program, Setting Goals, & Maintaining Conflict**
- 2. Relaxation Skills, Building Structure, and Working the Steps To Reduce Stress And Prevent Relapse**
- 3. Vocation & Employment, Problem Solving, and Money & Time Management**
- 4. Coping With Crisis, Suicide Prevention, and Spiritual Practice**
- 5. The Crisis *Making* Process & The Crisis *Coping* Process**
- 6. Addressing Violence – Past (Childhood Trauma) and Present (Domestic Violence)**