

## INTEGRATED TREATMENT PROGRAM

### PHASE I, II, III, IV, & V Groups and Lesson Plans

Curriculum: THE BASICS, Second Edition: A Curriculum for Co-Occurring Psychiatric and Substance Disorders; 2020 Printing  
Author: Rhonda McKillip, M.Ed., LMHC, MAC, CCDDP III, CDP; Foreword: Kenneth Minkoff MD

### **Phase I (12 Groups, 3x week)**

#### **Phase I, Group 1**

**Biological-Psychological-Social-Cultural-Environmental-Spiritual Approach and Recovery** (pages: Subject 1-1 – 1-10)

#### **Phase I, Group 2**

**Getting the Most Out of the Group Process: Benefits, Skills, Values, & Techniques** (pages: Subject 1-42 - 1-46; 1-58 – 1-62)

#### **Phase I, Group 3**

**Focusing on the Similarities and *Not* the Differences & Cultural Diversity** (pages: Subject 1-11 – 1-14; 1-23 - 1-28)

#### **Phase I, Group 4**

**Passive, Aggressive, Passive-Aggressive, and Assertive Communication Styles** (pages: Subject 1-49 – 1-54; 1-56)

#### **Phase I, Group 5**

**Identifying Personal Genetic Vulnerability and Risk of Substance Dependence** (pages: Subject 3- 15 – 3-17; Appendix III-14 – III-19)

#### **Phase I, Group 6**

**Diagnosing Substance Dependence & Why People Use Alcohol and Other Drugs** (pages: 3-2; 3-12 – 3-14; Appendix III 8-10; III 12-14; Subject 3-5)

#### **Phase I, Group 7**

**Acute Withdrawal Symptoms of Alcohol and Other Drugs** (pages: Appendix IB-1 -IB-10)

#### **Phase I, Group 8**

**Depression & Major Depression Co-Occurring With Substance Disorders** (pages: 2-9 – 2-11; Appendix III 1-1 – II-5)

#### **Phase I, Group 9**

**Anxiety & Anxiety Disorders Co-Occurring With Substance Disorders** (pages: Appendix II-20 – II-23; 2-21 –2-24)

#### **Phase I, Group 10**

**Addiction Is a Brain Disorder & Disruption of the Neurotransmission** (pages: Subject 3-28 – 3-34; 3-38 – 3-41)

#### **Phase I, Group 11**

**Addiction Vulnerability Is Primarily Inherited – Exactly *What* Is Inherited?** (pages: Subject 3-41 – 3-45; Appendix III-67 – III-84)

#### **Phase I, Group 12**

**Stages of Change, Motivation, Choices, & Working Through Ambivalence** (pages: Subject 1-28 – 1-37)

### **Phase II (24 Groups, 3x week)**

#### **Phase II, Group 1**

**Self-Care in Areas of Sleep, Medical & Dental Care, and Balanced Living** (pages: Subject 6-44 – 6-50)

#### **Phase II, Group 2**

**Nutrition and Dual Disorders & Developing Healthy Nutritional Habits** (pages: Subject 6-33 – 6-34; 6-36 – 6-38)

#### **Phase II, Group 3**

**The Role of Blood Sugar in Recovery & Managing Blood Sugar** (pages: Subject 6-35 – 6-37; 6-38; 6-44)

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- \_\_\_\_\_ **Phase II, Group 4**  
**Self-Help Groups and The Twelve Step Program** (pages: Subject 6-62 – 6-73)
- \_\_\_\_\_ **Phase II, Group 5**  
**Getting a Home Group – Getting a Sponsor – Working the Twelve Steps** (pages: Subject 6-73 – 6-81)
- \_\_\_\_\_ **Phase II, Group 6**  
**Co-Occurring Disorders and Progressive Stages of The Addictive Process** (pages: Subject 3-45 – 3-54; 3-55 – 3-56)
- \_\_\_\_\_ **Phase II, Group 7**  
**The Process of Recovery and Treatment Works!** (pages: Subject 6-8 – 6-14; 6-16 – 6-17)
- \_\_\_\_\_ **Phase II, Group 8**  
**The Definitions and Purposes of Denial & Defenses** (pages: Subject 3-59 – 3-60; Appendix III-89 –III-90)
- \_\_\_\_\_ **Phase II, Group 9**  
**De-Nial Is Not a River in Egypt & The Many Faces of Denial** (pages: Subject 3-59 – 3-60; Appendix III-91 – III-92)
- \_\_\_\_\_ **Phase II, Group 10**  
**Overview of Psychiatric Disorders & The Link Between Mental Health and Substance Use Disorders** (pages: Subject 2-1 – 2-6)
- \_\_\_\_\_ **Phase II, Group 11**  
**Effects of Alcohol, Stimulants, and Cannabis Sativa & Other Drugs on Mental Health** (pages: Appendix IA-1 – IA-2; IA-6 – IA-8; IA-11 – IA-14)
- \_\_\_\_\_ **Phase II, Group 12**  
**Effects of Alcohol, Stimulants, and Cannabis Sativa & Other Drugs on Physical Health** (pages: Appendix IVA-1 – IVA-2; IVA-8 – IVA-12; IVA-21 – IVA-22)
- \_\_\_\_\_ **Phase II, Group 13**  
**Ongoing Physical Recovery & Post Acute Withdrawal** (pages: Subject 7-1 – 7-8)
- \_\_\_\_\_ **Phase II, Group 14**  
**Personal Assessment of the Consequences and Problems of Substance Abuse and Dependence** (pages: Subject 3-57 – 3-59)
- \_\_\_\_\_ **Phase II, Group 15**  
**Moving Toward Abstinence & Making The Decision to Change** (pages: Subject 3-67 – 3-74; Appendix III-101 – III-102)
- \_\_\_\_\_ **Phase II, Group 16**  
**Identifying the Specific Characteristics of Substance Dependence, Part I** (pages: Appendix III-20 – III-32)
- \_\_\_\_\_ **Phase II, Group 17**  
**Identifying the Specific Characteristics of Substance Dependence, Part II** (pages: Appendix III-33 – III-44)
- \_\_\_\_\_ **Phase II, Group 18**  
**Cravings: Defining, Identifying, and Managing Urges to Use Alcohol & Other Drugs** (pages: Subject 6-26 – 6-31)
- \_\_\_\_\_ **Phase II, Group 19**  
**Developing Skills to Refuse Alcohol and Other Drugs & Controlling Cravings Before They Control You** (pages: Subject 6-32 – 6-33)
- \_\_\_\_\_ **Phase II, Group 20**  
**Neurochemistry of Toxicity and Emotions as the Brain Wakes Up** (pages: Subject 5-8 – 5-13)
- \_\_\_\_\_ **Phase II, Group 21**  
**Working Through and Coping with Neurological Processes** (pages: Subject 5-15 – 5-24)

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### Phase II, Group 22

Emotions or Feelings and Coping With Stress & Uncomfortable Emotions (pages: Subject 5-1 – 5-7)

### Phase II, Group 23

Stress, Stressors, and Stress Management (pages: Subject 5-25 – 5-32)

### Phase II, Group 24

Rational-Emotive Therapy (RET) (pages: Subject 5-66 – 5-74)

## **Phase III (16 Groups, 2x week)**

### Phase III, Group 1

Acceptance, Patience, Attitude, and Gratitude (pages: Subject 6-1 – 6-8)

### Phase III, Group 2

Staying Abstinent No Matter What & Tools for Abstinence (pages: Subject 6-15 – 6-16; 6-17 – 6-25)

### Phase III, Group 3

Diagnosing Psychiatric Disorders and The Mood Disorder Dysthymia (pages: Subject 2-4 – 2-8; 2-11 – 2-14)

### Phase III, Group 4

Depression in Women, Men, and Seniors & Treatment for Major Depression and Dysthymia (pages: Appendix II-5 – II-9; Subject 2-12 – 2-14)

### Phase III, Group 5

The Basics About Bipolar Disorder, Mania & Hypomania (pages: Appendix II-12 – II-13; Subject 2-14 – 2-19)

### Phase III, Group 6

The Basics About Anxiety Disorders & Types, Symptoms, and Treatment (pages: Subject 2-21 – 2-23)

### Phase III, Group 7

The Basics About Thought Disorders and Schizophrenia (pages: Appendix II-37 – II-45; Subject 2-34 – 2-40)

### Phase III, Group 8

Medications: Planned Effects, Coping With Side Effects, Differences Between Meds & Drugs, and Docs & Dealers (pages: Subject 4-50 – 4-60)

### Phase III, Group 9

Personality Temperament, Traits, Problems, and Disorders (pages: Subject 2-40 – 2-56)

### Phase III, Group 10

The Immune System, Stress, STDs, and Reducing Risk (pages: Subject 4-8 – 4-15; 4-36 – 4-39)

### Phase III, Group 11

Hepatitis and Tuberculosis: Definitions, Transmission, Symptoms, Prevention, and Treatment (pages: Subject 4-15 – 4-22)

### Phase III, Group 12

Contributors to an Unhealthy Immune System and Strengthening the Immune System (pages: Subject 4-23 – 4-31)

### Phase III, Group 13

Depression, Anxiety, & Isolation and The Immune System, Stress, & Physical Health (pages: Subject 4-41 – 4-49)

### Phase III, Group 14

Stress and Co-Occurring Disorders & Daily Stress Management Skills (pages: Subject 4-1 – 4-8)

### Phase III, Group 15

Living a Positive & Active Life and Building Support Networks (pages: Subject 6-50 – 6-62)

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### Phase III, Group 16

Elements of Spiritual Health and Personal Circle of Recovery (pages: Subject 7-77 – 7-84)

## **Phase IV (24 Groups, 2x week)**

### Phase IV, Group 1

Developing a Relationship With Yourself Through Building Self-Esteem (pages: Subject 7-44 – 7-49)

### Phase IV, Group 2

Self-Esteem & External, Internal, Physical, and Emotional Boundaries (pages: Subject 7-50 – 7-56)

### Phase IV, Group 3

Identifying Negative Thinking Patterns & Changing Negative Thinking to Positive Thinking (pages: Subject 2-63 – 2-66; 2-67 – 2-72)

### Phase IV, Group 4

The Basics About Family Systems & Developing Relationships With Family (pages: Subject 7-56 – 7-62)

### Phase IV, Group 5

The Family in Recovery & Developing Relationships With Others (pages: Subject 7-63 – 7-70)

### Phase IV, Group 6

Developing a Relationship With Your Spiritual or Higher Self (pages: Subject 7-70 – 7-77)

### Phase IV, Group 7

Activity Addictions Of Gambling, Sex, Love, Food, Spending, or Religious Addiction (pages: Subject 3-35 – 3-38; Appendix III-58 – III-65)

### Phase IV, Group 8

Co-Occurring Disorders & Sadness and Depression (pages: Subject 5-43 – 5-48)

### Phase IV, Group 9

Understanding Grief and Loss & Developing a Plan to Cope With Grieving (pages: Subject 5-48 – 5-56)

### Phase IV, Group 10

Anger, Expressing Anger & The Mis-Management of Anger (pages: Subject 5-32 – 5-37)

### Phase IV, Group 11

Understanding Resentments & Anger and Anger Management Techniques (pages: Subject 5-38 – 5-42)

### Phase IV, Group 12

Identifying and Working Through Character Defects (pages: Subject 7-24 – 7-29)

### Phase IV, Group 13

Codependency Defined & Patterns, Characteristics, and Recovery (pages: Subject 7-37 – 7-43)

### Phase IV, Group 14

Coping With Crisis, Suicide Prevention, and Spiritual Practice (pages: Subject 8-5 – 8-7; 8-55 – 8-57)

### Phase IV, Group 15

The Basics About Relapse or Recurrence of Symptoms of Co-Occurring Disorders (pages: Subject 8-7 – 8-15)

### Phase IV, Group 16

Relapse Prevention Skills for Substance Dependence Disorders (pages: Subject 8-44 – 8-49; 8-53 – 8-55; 8-60 – 8-62)

### Phase IV, Group 17

Identifying Psychiatric Relapse Triggers and Warning Signs of a Recurrence of Symptoms (pages: Subject 8-22 – 8-26)

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### Phase IV, Group 18

Safe Medication Practices & The “Twelve Step Program and Medications” (pages: Subject 4-59 – 4-66; 4-68 – 69)

### Phase IV, Group 19

Culture, Family, Gender, and Relapse & Personal Identification of External Relapse Triggers (pages: Subject 8-26 – 8-31)

### Phase IV, Group 20

Specific Relapse Triggers and Solutions & Co-Occurring Disorders and Stress (pages: Subject 8-31 – 8-38)

### Phase IV, Group 21

Coping With Relapse & Turning a Relapse Into a Learning Experience (pages: Subject 8-38 – 8-44)

### Phase IV, Group 22

Personal Identification of Relapse and Crisis Internal Triggers (pages: Subject 8-44 – 8-49)

### Phase IV, Group 23

Relaxation Skills, Building Structure, & Working The Twelve Steps To Reduce Stress And Prevent Relapse (pages: Subject 8-49 – 8-52; 8-57 – 8-60)

### Phase IV, Group 24

Developing “My Personal Relapse and Crisis Prevention Plan” (Subject 8)

## Phase V (26 Groups, 1x week)

### Phase V, Group 1

Overview of Psychiatric Disorders & The Link Between Mental Health and Substance Use Disorders (pages: Subject 2-1 – 2-6)

### Phase V, Group 2

The Differences Between Substance Use, Abuse, and Dependence (pages: Subject 3-1 – 3-8; 3-10 – 3-14)

### Phase V, Group 3

Gender, Age, Sexual Orientation, Culture, & Family and Substance Disorders (pages: 3-21 – 3-28)

### Phase V, Group 4

Fear in Early Recovery & Developing Self-Awareness With the Johari Window (pages: Subject 1-38 – 1-39; 1-40 – 1-43; 1-46 – 1-48; 1-65 – 1-66)

### Phase V, Group 5

Recognizing Ambivalence & Weighing the Pros and Cons of Change (pages: Subject 3-62 – 3-65)

### Phase V, Group 6

Alcoholism & Addiction: Genetics, Brain Chemistry (Working & Not Working), and Brain Healing (pages: Subject 3-16 – 3-17; 3-30 – 3-32; 3-39; 3-41 – 3-42; 3-75)

### Phase V, Group 7

Healing Body & Brain By Eating Right and Developing Nutritional Planning & Shopping Skills (pages: Subject 6-38 – 6-44)

### Phase V, Group 8

Self-Care in Areas of Sleep, Medical & Dental Care, and Balanced Living (pages: Subject 6-44 – 6-50)

### Phase V, Group 9

Discovering The Brain Chemistry of Cravings, Managing Cravings, & Developing Refusal Skills (pages: Subject 4-31 – 4-35)

### Phase V, Group 10

Alcohol: Effects on Mental Health, Physical Health, FAS & FAE and Physical Health Personal Risk Assessment (pages: Appendix IA-1– IA-2; Appendix IVB-1; IVB-4; IVB-8; IVB-10)

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### Phase V, Group 11

Effects of Nicotine/Smoking on Mental & Physical Health, Pregnancy & Infants, and Withdrawal & Quitting Smoking (pages: Appendix IA-9; IB-17 – IB-19; IVA-13 – IVA-18; IVB-16; Subject 8-72 – 8-73)

### Phase V, Group 12

STDs, HIV/AIDS, Hepatitis A, and B, and C, & Reducing Risk (pages: Subject 4-11 – 4-19; 4-36 – 4-39)

### Phase V, Group 13

Denial & Defenses, and Personal Awareness Through The *Discovery Worksheet* (pages: Subject 3-59 – 3-62; Appendix III-89 – III-92)

### Phase V, Group 14

Procrastination, Perfectionism, and Identifying & Changing Self-Defeating Behaviors (pages: Subject 7-29 – 7-36)

### Phase V, Group 15

Identifying Areas of Problems or Consequences Related to Substance Abuse and Dependence (pages: Appendix III-87 – III-88)

### Phase V, Group 16

Assertive Communication Style & How To Be Assertive (pages: Subject 1-54 – 1-58)

### Phase V, Group 17

Breaking Isolation, Benefits of Laughter & Humor, and Learning to Have Fun (pages: Subject 4-46 – 4-49; 6-51 – 6-55)

### Phase V, Group 18

Identifying Patterns of Thoughts, Challenging Non-Helpful Automatic Thoughts, & Developing Reframing Skills (pages: Subject 7-15 – 7-19; 7-20 – 7-23)

### Phase V, Group 19

Changing Negative Thought Patterns and Habits to Positive Self-Talk Messages (pages: Subject 2-66 – 2-67)

### Phase V, Group 20

Understanding and Coping With Guilt, Shame, Anxiety, Worry, Fear & Boredom (pages: Subject 5-57 – 5-66)

### Phase V, Group 21

On-Going Emotional Recovery, Hidden Fear, Outward Defenses, and Ways to Express Emotions (pages: Subject 7-8 – 7-15)

### Phase V, Group 22

The Crisis Making Process & The Crisis Coping Process (pages: Subject 8-1 – 8-5)

### Phase V, Group 23

Preventing a Recurrence of Symptoms & Identifying Substance Dependence Relapse Warning Signs (pages: Subject 8-16 – 8-22)

### Phase V, Group 24

Living the Program, Maintaining the Program, Setting Goals, & Maintaining Conflict (pages: Subject 8-64 – 8-67)

### Phase V, Group 25

Vocation & Employment, Problem Solving, and Money & Time Management (pages: Subject 8-67 – 8-72)

### Phase V, Group 26

Addressing Violence – Past (Childhood Trauma) and Present (Domestic Violence) (pages: Subject 8-73 – 8-80; 8-82 – 8-84)