

Entry Points

Module	Session	Topic	Entry Possible	Pre-Requisites
Pretreatment	PT 1	Exploring Reasons People Resist	Yes	Group Process and Group Expectations (see M1:S1)
	PT 2	Rethinking Resistance	Yes	Review M1:S1 and PT:1
	PT 3	Weighing the Pros and Cons	Yes	Review M1:S1
Module 1: Motivational Engagement	1	Introducing Cognitive Behavioral Interventions (CBI) for Substance Abuse	Yes	None
	2	Weighing the Costs and Benefits	Yes	Session 1
	3	Clarifying Values	Yes	Person is Motivated to change their Substance Abuse as identified by assessment Session 1
	4	Setting a Goal	Yes	Person is Motivated to change their Substance Abuse as identified by assessment Session 1
	5	Creating an Emergency Plan	Yes	Person is Motivated to change their Substance Abuse as identified by assessment Session 1
Module 2: Cognitive Restructuring	6	Behavior is a Choice	Yes	Person is Motivated to change their Substance Abuse as identified by assessment Session 1
	7	Recognizing Risky Situations	No	
	8	Changing Risky Thinking	No	
	9	Replacing Risky Thinking	No	
Module 3: Emotion Regulation	10	Controlling Your Emotions	Yes	Sessions 1, 6, 7, 8, 9
	11	Recognizing Your Feelings	Yes	Sessions 1, 6, 7, 8, 9
	12	Learning Self-Control	Yes	Sessions 1, 6, 7, 8, 9
	13	Using Self-Control	Yes	Sessions 1, 6, 7, 8, 9,12
	14	Dealing with Urges	Yes	Sessions 1, 6, 7, 8, 9, 12

	15	Managing Anger	Yes	Sessions 1, 6, 7, 8, 9, 12
	16	Managing Stress, Anxiety, and Sadness	Yes	Sessions 1, 6, 7, 8, 9, 12
	17	Dealing with Rejection and Failure	Yes	Sessions 1, 6, 7, 8, 9, 12
Module 4: Social Skills	18	Introducing Social Skills	Yes	Sessions 1, 6, 7, 8, 9
	19	Having a Conversation	Yes	Sessions 1, 6, 7, 8, 9 Review Content of Session 18
	20	Understanding the Feelings of Others	Yes	Sessions 1, 6, 7, 8, 9 Review Content of Session 18
	21	Deciding to Say “No”	Yes	Sessions 1, 6, 7, 8, 9 Review Content of Session 18
	22	Communicating your Needs	Yes	Sessions 1, 6, 7, 8, 9 Review Content of Session 18
	23	Finding Support	Yes	Sessions 1, 6, 7, 8, 9 Review Content of Session 18
	24	Asserting Yourself	Yes	Sessions 1, 6, 7, 8, 9 Review Content of Session 18
	25	Responding to Criticism	Yes	Sessions 1, 6, 7, 8, 9 Review Content of Session 18
	26	Dealing with Peer Pressure	Yes	Sessions 1, 6, 7, 8, 9 Review Content of Session 18
	27	Getting Involved in a Positive Activity	Yes	Sessions 1, 6, 7, 8, 9 Review Content of Session 18
	28	Celebrating a Positive Event	Yes	Sessions 1, 6, 7, 8, 9 Review Content of Session 18
Module 5: Problem Solving	29	Introduction to Problem-Solving	Yes	Modules 2-4
	30	Identifying Your Problem and Goal	Yes	Modules 2-4 Review Content of Session 29
	31	Brainstorming Options	No	
	32	Planning and Trying Your Solution	No	
Module 6: Success Planning	33	Developing a Plan	No	Modules 2 through 5
	34	Getting to the Source	No	
	35	Reinventing My Life	No	
	36	Staying on Track	No	
	37	Responding to a Roadblock	No	

	38	Rehearsing My Plan (Optional)	No	
	39	Presenting My Plan	No	