

## ITM Outpatient Program | "At - a - Glance"

### Module One: Biological

Passage One	Treatment Task (i.e. Client Workbook)	DBT Coping Skills	Integrated Cognitive Behavioral Therapy	Success Principle(s)	Principles Task
<p>1. Clients will learn about the Disease Model of Addiction (DMA), the Bio-Psycho-Social Model (BPS) and the Identity Transformation Model (ITM).</p> <p>2. Clients will receive education on the neurobiological component of addiction and treatment, to include: the link between brain function and addiction and the stages of addiction.</p> <p>3. Clients will receive education about the medical consequences of addiction and relapse and repeated effects of relapse on emotional their emotional state.</p>	<p>1.1 Essay: Identify and Define Your "Disease Model of Addiction" and Dependent Systems</p> <p>1.2 Essay: Honest Account of Use / Drinking Patterns</p> <p>1.3 List Biological, Psychosocial, Social, Spiritual Consequences</p> <p>1.4 E + R = O: Sentence Completion</p> <p>1.5 Change Your Responses</p> <p>1.6 Choice Repetition</p> <p>1.7 Blaming and Complaining</p> <p>1.8 Create or Allow</p> <p>1.9 Red, Yellow, Green Alerts</p> <p>1.10 Essay: Motivation for Treatment and Recover</p> <p>1.11 Identify External and Internal Affective and Behavioral Incentives</p> <p>1.12 Identify Biological, Psychological, Social and Spiritual Goals</p>	<p>1. Focus</p> <p>2. Attend</p> <p>3. Detach</p> <p>4. Non-Judgement</p> <p>5. Taking vs. Receiving</p> <p>6. Acceptance</p>	<p>1. Feelings A-Z</p>	<p>SPR-24 Assessment upon Admission</p> <p>1: Take Responsibility for Your Life</p> <p>2: Be Clear Why You are Here</p>	<p>1 Excuse List</p> <p>2. E + R = O</p> <p>3. Change your responses</p> <p>4. Choice repetition</p> <p>5. Blaming and Complaining</p> <p>7. Life Purpose Statement</p> <p>8. What is the Why</p>

<p>1. Clients will recognize and redirect biological urges to use drugs</p> <p>2. Clients will receive education on genetic predisposition on family and heritability factors of addiction and treatment</p>	<p>2.1 Examples of Biological, Psychological, Social or Spiritual Urges and Cravings</p> <p>2.2 Essay: What Do You Want?</p> <p>2.3 Expectation vs. Belief</p> <p>2.4 "I Want" List</p> <p>2.5 List 10 Things You Want to Do</p> <p>2.6 List 10 Things You Want to Be</p> <p>2.7 List 10 Things You Want to Be Before You Die</p> <p>2.8 Essay: Clarify Your Vision</p> <p>2.9 Global Positioning System (Your Inner GPS)</p> <p>2.10 The Vision Exercise</p>	<p>1. Identity Disturbance (unstable self-image)</p> <p>2. How unstable relationships, fear of abandonment and impulsivity have interfered, emptiness and emotional instability</p> <p>3. Self-soothing with five senses</p>	<p>1. Problems and Symptoms that Bother Me</p> <p>2. Positive Psychology</p> <p>3. Pros and Cons Worksheet</p> <p>4. Flexible Thinking</p>	<p>3: Decide What You Want</p> <p>4: Believe it's Possible</p>	<p>1. Life Purpose Statement</p>
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**ITM Outpatient Program | "At - a - Glance"**  
**Module One: Biological**

Passage One	Treatment Task (i.e. Client Workbook)	DBT Coping Skills	Integrated Cognitive Behavioral Therapy	Success Principle(s)	Principles Task
1. Clients receive information	3.1 Choosing / Sabotaging Physical Behaviors	1. Effectiveness Skills	1. Negative Emotions and the	5: Believe in Yourself	1. Belief as Attitude

<p>on the importance of nutrition in recovery</p> <p>2. Clients will be screened for other physical addictions (i.e., eating disorders) and introduced to the concept of addiction-interaction</p> <p>3. Clients will be able to see Compulsive Disorders as Relational Disorders.</p> <p>4. Clients will be assessed for trauma, other process addictions, addiction interaction and or other behavioral addictions</p>	<p>3.2 Physical Destruction and Physical Construction</p> <p>3.3 Essay: Describe Compulsive Behaviors as Relational Disorders</p> <p>3.4. Belief as Attitude / Belief as Choice</p> <p>3.5 Limiting Beliefs ("I Can't")</p> <p>3.6 Assumption(s)</p> <p>3.7 Use The Law of Attraction (Clarity Through Contrast Worksheet</p> <p>3.8 What Do I Deserve?</p> <p>3.9 Define: "Law of Attraction"</p> <p>3.10 Define: "Ask for What You Want"</p> <p>3.11 Take Action</p> <p>3.12 Receiving vs. Taking</p>	<p>2. Unskillful / Skillful behaviors: Pros and Cons</p>	<p>Common Thoughts that Drive Them</p>	<p>6: Use the Law of Attraction</p>	<p>2. Belief as Choice</p> <p>3. Limiting Beliefs ("I Can't")</p> <p>4. Assumption</p> <p>5. Law of Attraction</p> <p>6. Ask for What you Want</p> <p>7. Take Action</p> <p>8. Receiving vs. Taking</p>
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**RWW Outpatient Program | "At - a - Glance "**  
**Module Two: Psychological**

Passage Four	Treatment Task (i.e. Client Workbook)	DBT Coping Skills	Integrated Cognitive Behavioral Therapy	Success Principle(s)	Principles Task
1. Clients will be		1. Emotional Mind vs.	1. Life Events Checklist (LEC-5)	7: Unleash The Power of Goal	Multi-facet Goal Setting Breakthrough Goal Goal Setting



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Module Two: Psychological

Passage Five	Treatment Task (i.e. Client Workbook)	DBT Coping Skills	Integrated Cognitive Behavioral Therapy	Success Principle(s)	Principles Task
<p>1. Clients will identify their belief systems in addiction with specific emphasis on shame and guilt self-talk.</p> <p>2. Clients will learn shame resilience and shame reduction techniques to restructure core beliefs.</p> <p>3. Clients will explore identity awareness to transition from "addict identity" to "recovery identity".</p> <p>4. Clients will discover how their addiction behaviors may be/is sabotaging their recovery.</p> <p>5. Clients will learn to use affirmations to replace past addiction experience with recovery outcomes.</p>	<p>5.1 Identity Essay: "I am an alcoholic/addict".</p> <p>5.2 Voice Dialogue</p> <p>5.3 Test of Self Conscious Affect, Version 3 (TOSCA-3S) Assessment (Tangney, J.P. et al (2000)</p> <p>5.4 Shame Self-Talk</p> <p>5.5 Guilt Self-Talk</p> <p>5.6 Blaming Others</p> <p>5.7 Shame Resilience and Reduction</p> <p>5.8 Negative Core Beliefs</p> <p>5.9 Origin of Negative Core Beliefs</p> <p>5.10 Reframe and Rating of Negative Core Beliefs</p> <p>5.11 Domain Clues</p> <p>5.12 Release the Breaks</p> <p>5.13 Affirmations</p> <p>5.14 Ten Personal, Goal and Action Affirmations</p> <p>5.15 Passage Five Integration Group</p> <p>5.16 Passage Five Summary Worksheet</p>	<p>1. Interpersonal Effectiveness: Gentle. Interested. Validate. Easy Manner (GIVE)</p> <p>2. Describe. Express. Assert. Reward (DEAR)</p> <p>3. Mind Appear Confident Negotiate (MAN)</p> <p>4. Cheerleading Statements</p>	<p>1. Activating Situations</p> <p>2. Beliefs</p> <p>3. Consequences</p> <p>4. Coping Skills and Behaviors</p> <p>5. Common Styles of Thinking</p> <p>6. Flexible Thinking</p>	<p>9: Success Leaves Cues</p> <p>10: Release the Brakes</p>	<p>Domain Clues</p> <p>Personal Affirmations</p> <p>Goal Affirmations</p> <p>Action Affirmations</p>

Passage Six	Treatment Task (i.e. Client Workbook)	DBT Coping Skills	Integrated Cognitive Behavioral Therapy	Success Principle(s)	Principles Task
<p>1. Clients will explore their family of origin via a genogram and will define autonomy and differentiation in addiction and recovery.</p> <p>2. Clients will identify past relapse situations for maladaptive coping and problem-solving strategies involving avoidance and or dependence.</p> <p>3. Clients will establish therapeutic and behavioral skills and applications for past relapse analysis and future relapse prevention.</p> <p>4. Clients will maximize motivation for abstinence via motivational interviewing and visualization.</p>	<p>6.1 Family of Origin</p> <p>6.2 Genogram</p> <p>6.3 Autonomy, Differentiation and Individuation</p> <p>6.4 Essay: Who am I, Independent from My Family?</p> <p>6.5 Relapse Analysis</p> <p>6.6 Relapse Scenarios</p> <p>6.7 Relapse Warning Signs</p> <p>6.8 Relapse Staircase</p> <p>6.9 Avoidant Behaviors</p> <p>6.10 Dependent Behaviors</p> <p>6.11 Want vs. Need</p> <p>6.12 Visualization</p> <p>6.13 Motivational Interviewing: Interview Addiction; Interview Recovery</p> <p>6.14 Essay: Write "As If" You Have Long-term, Sustained Sobriety</p> <p>6.15 Passage Six Integration Group</p> <p>6.16 Passage Six Summary Worksheet</p> <p>6.17 Module Two Summary</p>	<p>1. Radical Acceptance</p> <p>2. New Skill</p> <p>3. Roleplay</p>	<p>1. Symptoms</p> <p>2. Experience of Symptom</p> <p>3. Importance Ruler</p> <p>4. Confidence Ruler</p> <p>5. Readiness Ruler</p>	<p>11: See What You Want, Get What You See</p> <p>12: Act As If</p>	<p>Visualization</p> <p>Motivational Interviewing: Interview Addiction and Interview Recovery</p> <p>1. Come as You Will be</p> <p>2. Act As if</p> <p>3. Essay: Write "As if you have long-term, sustained sobriety.</p>

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Passage Seven	Treatment Task (i.e. Client Workbook)	DBT Coping Skills	Integrated Cognitive Behavioral Therapy	Success Principle(s)	Principles Task
1. Clients will identify isolative impact of addiction on all relationships (i.e., familial, employment, social, communal). 2. Clients will learn characteristics of dependent relational systems and codependent people to include Caretaking, Low Self-Worth, Repression, Obsession; Control; Denial; Dependency; Poor Communication; Weak Boundaries ; Lack of Trust; Anger; Sex Problems. 3. Clients will learn primitive and mature defense mechanisms and identify them in social relationships 4. Clients will learn to ask for advice on action steps and ask for help in completing action steps. 5. Clients will learn numerous ways to identify the most	7.1 Essay: Isolation and Loneliness in Addiction and in Recovery 7.2 Dependent Relational Systems and Characteristics of Codependent People (Beattie, M. (1982, 1992). 7.3 Codependence: Category, Criteria and Example 7.4 Primitive Defense Mechanisms 7.5 Less Primitive, More Mature Defense Mechanisms 7.6 Mature Defense Mechanism 7.7 Defense Mechanisms as Relapse Warning Signs 7.8 Fight, Flight, Freeze or Fawn Success Principle #13: "Take Action" Success Principle #14: "Just Lean Into It" 7.9 Automatic Action List 7.10 Talk vs. Action or	1. Motivation Enhancement Exercise	1. Readiness to Try	13: Take Action 14: Just Lean Into it	1. Talk vs. Action 2. Intention vs. Action 3. Define Success 4. Fall Forward
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Passage Eight	Treatment Task (i.e. Client Workbook)	DBT Coping Skills	Integrated Cognitive Behavioral Therapy	Success Principle(s)	Principles Task

<p>1. Clients will learn about attachment theory and be able to identify their own primary behavioral attachment style  2. Clients will identify obstacles to intimacy  3. Clients will become aware of and accept responsibility for the fact that they create their own fear through negative imaging</p>	<p>8.1 Essay: Attachment Styles  8.2 The Experiences in Close Relationships-Revised (ECR-R) Questionnaire (Fraley et. al., 2000)  8.3 ECR-R Scoring 8. 4 Intimacy/Obstacles to Intimacy  8.5 History and Feed-back Loop of Pain  8.6 History and Feed-back Loop of Fear  8.7 History and Feed-back Loop of Anger  8.8 Essay: Experience of Fear  8.9 Stop Scaring Yourself: Sentence Completion  8.10 Passage Eight Integration Group  8.11 Passage Eight Summary Worksheet</p>	<p>1. Fair. Apologies. Stick to Values. Truthful. (FAST)</p>	<p>1. Flexible Thinking on Experience  2. Flexible Experience on Thinking</p>	<p>15: Experience Your Fear and Take Action Anyway  16: Be Willing to Pay the Price</p>	<p>1. Why Are We Fearful  2. Feel the Fear  3. Fantasized Experiences Appearing Real  4. Getting Rid of Fear  5. Physical Sensations of Fear  6. Scale Down the Risk  7. Take a Leap  8. High Intention / Low Attachment</p>
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Module Three: Social

Passage Nine	Treatment Task (i.e. Client Workbook)	DBT Coping Skills	Integrated Cognitive Behavioral Therapy	Success Principle(s)	Principles Task
<p>1. Client will establish sober support within the</p>	<p>9.1 Identifying My Need for Help  9.2 Asking for Help</p>	<p>1. Fair. Apologies. Stick to Values. Truthful. (FAST)</p>	<p>1. Flexible Thinking on Experience</p>	<p>17: Experience Your Fear and Take Action Anyway</p>	<p>1. Why Are We Fearful  2. Feel the Fear</p>





<p>1. Clients will be administered spiritual assessments to assess your relationship with spirituality</p> <p>2. Clients will learn the nuanced differences between spirituality and religion and it's interface with addiction and recovery</p> <p>3. Clients will receive education of addiction as spiritual disorder with a spiritual solution</p>	<p>Interview</p> <p>10.1 Religious Background and Beliefs</p> <p>10.2 Spiritual Meaning and Values</p> <p>10.3 Prayer Experiences</p> <p>10.4 FICA Spiritual Assessment</p> <p>10.5 HOPE Spiritual Assessment</p> <p>10.6 Essay: Spirituality vs. Religion</p> <p>10.7 Essay: Addiction as a Spiritual Disorder with a Spiritual Solution</p> <p>10.8 Responding to Feedback</p> <p>10.9 Asking for Feedback</p> <p>10.10 Internal and External Patterns of Feedback</p> <p>10.11 Feedback On My Habits</p> <p>10.12 Essay: Commit to Constant and Never-Ending Improvement in Sobriety</p> <p>10.13</p>	<p>1. Mindfulness Skills</p> <p>2. Distress Tolerance</p>	<p>1. Mindful Relaxation (The Centering Technique and The Breathing Technique)</p> <p>2. Contingency Management</p> <p>3. Shifting Contingencies</p> <p>4. Cognitive and Motivation Strategies</p>	<p>17. Use Feedback to Your Advantage</p> <p>20: Commit to Constant and Never-Ending Improvement</p>	<p>1. On Course vs. Off Course</p> <p>2. Responding to Feedback</p> <p>3. Asking for Feedback</p> <p>4. Internal and External Patterns of Feedback</p> <p>5. Review, Regroup, Refocus</p> <p>6. Pace of Change</p> <p>7. Small Increments</p> <p>8. What to Improve On</p> <p>9. The Slight Edge</p>
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Module Four: Spiritual

Passage Eleven	Treatment Task (i.e. Client Workbook)	DBT Coping Skills	Integrated Cognitive Behavioral Therapy	Success Principle(s)	Principles Task
1. Clients will be introduced to the concept	11.1 Addiction as Suffering 11.2 To End the Suffering	1. Emotion Regulation Skills	1. Change and Acceptance	21: Keep Score for Success	1. Spiritual Scorekeeping

<p>introduced to the concept of "Addiction as Suffering" to define addiction as suffering and sobriety as the elimination of suffering</p> <p>2. Clients will learn The Four Noble Truths and The Eightfold Path to integrate into Client's sobriety</p> <p>3. Serenity, Gratitude and Service will be introduced as key spiritual practices in Client's sobriety</p>	<p>11.2 To End the Suffering: The Eightfold Path of Recovery (Lavine, 2014)</p> <p>11.3 Sobriety and The Three Functions of Gratitude</p> <p>11.4 Gratitude List</p> <p>11.5 Sobriety and Serenity</p> <p>11.6 Sobriety and Service</p> <p>11.7 Mini-Essay: Keep Score for Sobriety</p> <p>11.8 Mini-Essay: Never Give Up and Hang in There</p> <p>11.9 Four-Step Meditation Exercise</p> <p>11.10 Passage Eleven Integration Group</p> <p>11.11 Passage Eleven Summary Worksheet</p>	<p>1. Emotion Regulation Skills within a Spiritual Context</p> <p>2. Interpersonal Regulation Skills within a Spiritual Context</p>	<p>1. Change and Acceptance</p> <p>2. Review Mindful Relaxation</p> <p>3. Review Flexible Thinking and Education</p> <p>4. Serenity Definition</p> <p>5. Serenity Worksheet</p>	<p>21: Keep Score for Success</p> <p>22: Practice Persistence</p>	<p>1. Spiritual Scorekeeping</p> <p>3. Measure What You Want</p> <p>4. Critical Drivers</p> <p>5. Keeping Score at Home</p> <p>6. Never Give Up</p> <p>7. Hang in There</p>
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Module Four: Spiritual

Passage Twelve	Treatment Task (i.e. Client Workbook)	DBT Coping Skills	Integrated Cognitive Behavioral Therapy	Success Principle(s)	Principles Task
1. Clients will learn the	12.1 Meditation in	1. DBT Synthesis	1. ICBT Synthesis	23: Practice the Rule of 5	1. Five Specific Things That

<p>1. Clients will learn the application of meditation practice for recovery</p> <p>2. Clients will learn the application of mindfulness practice for recovery</p> <p>3. Clients will use poetry to access insight and reflection of addiction and recovery</p>	<p>12.1 Meditation in Recovery</p> <p>12.2 Breathing Meditation</p> <p>12.3 Metta (Loving-Kindness) Meditation</p> <p>12.4 Mindfulness in Recovery</p> <p>12.5 Insight and Reflection Through Poetry</p> <p>12.6 Letting Go by Stewart Mercer</p> <p>12.7 Autobiography in Five Chapters by Portia Nelson</p> <p>12.8 Hokusai says by Roger Keyes</p> <p>12.9 The Journey by Mary Oliver</p> <p>12.10 The Rule of 5 - A Daily Focus!</p> <p>12.11 Mini-Essay: Having Exceeded Expectations</p> <p>12.12 Passage Twelve Integration Group</p> <p>12.13 Passage Twelve Summary Worksheet</p> <p>12.14 Module Four</p>	<p>1. DBT Synthesis (Week 1-11)</p>	<p>1. DBT Synthesis (Week 1-11)</p>	<p>23. Practice the Rule of 5</p> <p>24: Exceed Expectations</p>	<p>1. Five specific things that Move You</p> <p>2. Sustained Effort</p> <p>3. Go the Extra Mile</p> <p>4. Give Above and Beyond What is Expected</p>
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