

Session Format

INTRODUCTION

1. Check-In

To find out how patients are doing. Patients report on five questions. Since the last session (a) "How are you feeling?" (b) "What good coping have you done?" (c) "Any substance use or other unsafe behavior?" (d) "Did you complete your commitment?" and (e) *Community Resource* update? (up to 5 minutes per patient).

2. The Quotation

To help emotionally engage patients in the session. A patient reads the quotation out loud. The therapist asks, "What is the main point of the quotation?", and links it to the session (2 minutes).

SESSION TOPIC

3. Relate the Topic to Patients' Lives

To connect the topic meaningfully to patients' experience. This is the heart of the session, using specific and current examples from patients' lives and offering intensive rehearsal of the material (30–40 minutes).

Protocol:

- A. Ask patients to look through the handouts (up to 5 minutes).
- B. Relate the material to current and specific problems in patients' lives.

★ **Optional: The Safe Coping Sheet**

CLOSING

4. Check-Out

To reinforce patients' progress and give the therapist feedback. Patients answer three questions: (a) "Name one thing you got out of today's session (and any problems with the session)"; (b) "What is your new commitment?"; and (c) What *Community Resource* will you call? (up to 5 minutes).

★ **Optional: End-of-Session Questionnaire**

Reminder: The "Big Picture" Priorities Are To . . .

1. Eliminate **substance use**
2. Reduce **PTSD symptoms**
3. Increase **safety** (from HIV risk, domestic violence, self-harm, etc.)

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Check-In and Check-Out

CHECK-IN

Since your last session . . .

1. How are you **feeling**?
2. What **good coping** have you done?
3. Any **substance use** or other **unsafe behavior**?
4. Did you complete your **commitment**?
5. **Community resource** update?

CHECK-OUT

1. **Name one thing** you got out of today's session (and any problems with the session).
2. What is your new **commitment**?
3. What **community resource** will you call?

Core Concepts of Treatment

- ★ Stay safe
- ★ Respect yourself
- ★ Use coping—not substances—to escape the pain
- ★ Make the present and future better than the past
- ★ Learn to trust
- ★ Take good care of your body
- ★ Get help from safe people
- ★ To heal fully from PTSD, become substance-free
- ★ If one method doesn't work, try something else
- ★ Never, never, never, never, never, never, never, *never* give up!