

TARGETED PROCESS THERAPY SERIES

- Week 1: LITS Educational Group
- Information regarding what the client can expect upon entering into services at the clinic
 - Services we provide
 - Philosophy of BMHC along with an introduction of the LITS model and an explanation of how we were remiss in the needs of some individuals in some areas and that now we are trying to address those needs (i.e. drug use and mental illness)
 - Basic characteristics of mental illness
 - General information regarding mental illness
 - Basic characteristics of substance use
 - General information regarding substance use particularly in regard to alcohol, marijuana, and cocaine (Map from Brief Tx: Symptoms of Mental Illness and Substance Use & Medication/Substance Use Good things and Less good things?)
 - Question and answer/Process
- Week 2: Stages of Change
- DiClemente's model for change (Summarize model)
 - How it works/fits into the change/recovery process of both mental illness and substance abuse.
 - How we can use this in our daily lives.
 - Question and answer/Process
 - Choice map from Brief Treatment
 - Future and Present map from Brief Treatment
 - Arriving at a Behavior Change Plan (from gambling model)
 - Decision Making (Steps for decision making 186; Steps for developing goals 187, Steps for setting priorities 188)
 - Journal Writing (215)
- Week 3: Learning
- Utilizing Classical Conditioning to explain the learning process
 - Classical conditioning to explain addiction, tolerance, withdrawal, phobias, depression, anxiety, our behavior in general, etc.
 - How this is applicable in a change/recovery process
 - Question and answer/Process
- Week 4: Relaxation Techniques (some emphasis for use in pain control) (151-56)
- Deep Breathing
 - Mental Relaxation (5-10min)
 - Muscle Tensing (5-10min)
 - Mental Imagery (10-15min)
 - Brief Relaxation (5-10min)
 - Brief Progressive Relaxation

- Progressive Muscle Relaxation (20-25min)
- Question and answer/Process

Week 5: Communication/Assertive Communication

- 4 Components of Effective Communication (“I” Statements; Active Listening; Reflection; Nonverbal Communication)
- Components of Assertive Communication
- Communication Styles (Passive; Aggressive; Passive-Aggressive; Assertive)
- Steps of Positive Assertiveness (173)
- Importance of feedback
- Ten ways of responding to aggression (177)
- Question and answer/Process

Week 6: Problem-Solving

- 6 Step model for problem solving
- Use Problem node link map (from gambling tx model) (exercises) to help facilitate thinking through the problem to foresee possible positive benefits and negative consequences.
- Understanding a Problem Behavior (map from gambling?)
- Question and answer/Process
- Taking Risks (163-64)

Week 7: Stress Management

- Stress in your life (map from brief treatment)
- 5 Aspects of mental processing that play a significant role in stress (144-45)
- Early Warning signs of stress (emotional signs, behavioral signs 145-46)
- Use of Relaxation
- Question and answer/Process

Week 8: Managing Anxiety

- In relation to substance use

Week 9: Anger Management

- Seven Steps of Taking Responsibility (198)
- Understanding anger worksheet (199)
- Handling Anger (general principles regarding anger; understanding your experience of anger; barriers to expressing anger; inappropriate expression of anger (violence and rage); penalties for not expressing anger; ways to deal with anger 201-02)
- Steps for Letting go of anger (203)

Week 10: Rational Thinking

- Self Talk (189)

- Thought Stopping
- Reframing
- Thinking Distortions
- Realistic Self Talk
- Defense Mechanisms

- Week 11: Loss/Opportunity
- Grief Cycle
 - Fives Stages of Recovering from Loss
 - How do you deal with loss?
 - Myths of dealing with loss.
 - Loss Graph (timeline exercise)
 - Problem Map (inserting grief/loss/or stage of grief cycle as the issue)
- Week 12: Relapse (MI & SA)
- Use Relapse Prevention Section of GTX manual
- Week 13: Depression
- In relation to substance use
- Week 14: Bipolar
- In relation to substance use
- Week 15: Schizophrenia
- In relation to substance use
- Week 16: Personality Disorders
- In relation to substance use
- Week 17: Pain Management
- In relation to substance use
- Week 18: Health and Wellness
- In relation to substance use
- Week 19: Adolescence
- Substance use
- Week 20: