
Appendix B: Phase II: Problem-Solving Group Client Orientation

Recovery groups are an important part of your cocaine addiction treatment program. Participating in groups helps you establish and maintain abstinence by providing structure and positive peer pressure to encourage you to follow through with your commitment to recovery. You will start Phase II groups after completing month three of the treatment program. By this time, you have learned to share your feelings and triggers to use drugs with peers and counselors and to use the tools and techniques of recovery that were discussed in Phase I group sessions.

The Phase II group meets once a week for 3 months. The focus of this group is to help you refrain from using drugs and work on resolving current problems. You will select your own problem or concern to discuss in group sessions. Group members will help one another explore problems and will be encouraged to offer each other supportive feedback. The goal of this phase of recovery is to help you develop a guide for sharing and support that you can turn to instead of reverting to isolationism and relapse.

Group Rules

Groups work best if there are certain rules that we all agree upon. To participate in this group, you are requested to follow the guidelines listed below:

1. You are not allowed to come to group sessions intoxicated or high. Any member who comes to a group session intoxicated will be asked to leave and to meet with his or her counselor to discuss the circumstances surrounding his or her drug use.
2. You are expected to make a commitment to attend group sessions once each week for the next 3 months. If you will be late or absent, contact the group counselor directly prior to a group session to explain why. All latenesses and absences will be discussed in group sessions.
3. You are strongly encouraged to discuss cravings, close calls, or episodes of cocaine or other substance use with the other group members.
4. Issues that are discussed in group sessions must stay within the group to ensure confidentiality and respect.

I have reviewed and agree to the group guidelines.

Client's Signature _____ Date _____

Counselor's Signature _____ Date _____