
Appendix A: Phase I: Psychoeducational Group Client Orientation

Group Treatment

Participating in recovery groups can help 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 learn important information about addiction and recovery and begin to develop coping skills to aid your recovery while participating in a recovery group. The group provides supportive contact with caring, well-trained counselors and with peers who are working on their own recovery from cocaine addiction.

The Phase I group meets once a week for 3 months for a total of 12 sessions. Individuals are asked to join this group during or following the detoxification and stabilization period of their recovery. Each group session begins with a brief presentation on a recovery topic followed by group discussion on this topic. The topics discussed are:

1. Symptoms of Cocaine Addiction
2. The Process of Recovery: Part I
3. The Process of Recovery: Part II
4. Managing Cravings: People, Places, and Things
5. Relationships in Recovery
6. Self-Help Groups
7. Establishing a Support Systems
8. Managing Feelings in Recovery
9. Coping With Guilt and Shame
10. Warning Signs of Relapse
11. Coping With High-Risk Situations
12. Maintaining Recovery

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 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 _____