



Primary Recovery Counseling

The 3-Day Clinical Skills Training Workshop

Treatment Plan

DEVELOPED BY Terence T. Gorski
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***The Most Advanced Clinical Skills Training Available
Based on The GORSKI-CENAPS® Model***

CENAPS® Mission and Vision

Developed By Terence T. Gorski

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Mission

**By the year 2010 ...
All people will have access to
affordable resources for developing
effective recovery and relapse prevention
plans**

Vision

- **Better treatment will be available to more people at a lower cost**
- **All people, no matter how sick, will have the opportunity to recover**
- **No person or group of persons will be thrown away in the name of cost containment**
- **A unified model of treatment that integrates the most advanced biological, cognitive, affective, behavioral, and social therapies will be fully operational.**
- **This model, The CENAPS® Model, will be the recognized standard in the treatment of substance use disorders, mental disorders, personality disorders, and situational life problems**

Motto

- **Get Tough - Be Smart**
- **Use No Nonsense Treatment That Works**
- **Provide Better Treatment, To More People, At A Lower Cost**

1-4: Primary Recovery Counseling (PRC) - Model Treatment Plan

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1. **Problem Title:** Lack of Basic Recovery Skills
2. **Problem Description:** The client is motivated to stop using alcohol and other drugs but lack knowledge about addiction, recovery, and relapse and does have the basic skills needed to develop an effective personal recovery plan.
3. **Goal:** The client will develop: (1) an understanding of addiction, recovery, and relapse; (2) an effective personal recovery program consisting of a schedule of recovery activities, behavioral guidelines for participating in each activity; and (3) a set of sobriety skills for identifying and challenging addictive thinking, managing addictive feelings, and changing addictive behaviors by using impulse control and self motivation.

Start Date: _____ Target Date: _____ Actual Date: _____

Resources: _____

Assisted By: _____

4. **Interventions:** The client will participate in a combination of group and individual therapy sessions, psychoeducational sessions, supervised study halls, and self-help group meetings in which the following interventions will be implemented:

- (1) **Developing A Personal Recovery Program:** The client will learn how to develop a Personal Recovery Program that will support abstinence, provide manageability to routine acts of daily living, and provide accountability to the treatment process by: (1) Renewing the abstinence commitment by reviewing the presenting problems, their relationship to alcohol or drug use, and the consequences of continued use; (2) Developing a schedule of recovery activities that support abstinence and the resolution of the presenting problems; and (3) Developing a daily schedule that includes the basic acts of daily living required for sober and responsible living.

Level of Completion: Full Partial None. *Completion Score (0 - 10):* _____

Notes: _____

- (2) **Completing An Addiction Self-assessment:** The client will learn how to develop in-depth recognition and acceptance of addiction, the current stage of recovery, and current factors that can increase relapse risk by: (1) Completing a brief addiction assessment that includes a Life & Addiction History, a Recovery & Relapse History, and an Addiction Symptom Check-list; (2) Educating about addiction, recovery, and relapse; and (3) Comparing the results of the self assessment to the educational information about addiction, recovery, and relapse.

Level of Completion: Full Partial None. *Completion Score (0 - 10):* _____

Notes: _____

- (3) **Identifying And Challenging Addictive Thoughts:** The client will learn how to: (1) become consciously aware of their self talk, (2) distinguish between addictive thoughts, non-addictive irrational thoughts, and non-addictive rational thoughts; (3) challenge addictive and irrational thinking; (4) notice and reinforce non-addictive rational thinking.

Level of Completion: Full Partial None. *Completion Score (0 - 10):* _____

Notes: _____

- (4) **Identifying And Managing Addictive Feelings:** Participants will learn how to teach clients to identify & manage feelings and emotions by using a feelings check-list that guides them through the six step process of (1) Becoming aware of inner experiences; (2) Building an emotional vocabulary; (3) Labeling inner experiences; (4) Affirming inner experiences; (5) Sharing inner experiences with supportive people; (6) Resolving intense emotions through communication and integration with thinking.

Level of Completion: Full Partial None. **Completion Score (0 - 10):** _____

Notes: _____

- (5) **Learning Impulse Control & Self-motivation:** Participants will learn how to manage addictive behaviors by developing impulse control and self-motivation skills by learning how to: (1) recognize self-destructive urges; (2) stop and put a space between the urge and the action; (3) use a standard problem solving process to identify and consciously select positive alternative behaviors; and (4) use self-motivational skills to consciously implement the best alternative.

Level of Completion: Full Partial None. **Completion Score (0 - 10):** _____

Notes: _____

- (6) **Relationship Restructuring & The Closure Exercise:** Participants will learn the importance of supporting clients to develop relationships that support recovery by: (1) Building new relationships that support the personal recovery program; (2) Renegotiating or terminating relationships with people who abuse alcohol or other drugs; (3) Repairing sobriety supportive relationships or learning to separate with love; (4) Building new relationships outside of the recovery program with people who support sobriety.

Level of Completion: Full Partial None. **Completion Score (0 - 10):** _____

Notes: _____

8. **Overall Response:** The client recognizes the need for and has made a commitment to stop using alcohol and drugs and has accepted a referral to an appropriate treatment program.

Overall Level of Completion: Full Partial None. **Completion Score (0 - 10):** _____

Notes: _____

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