

TABLE 5.1. Round Robin Discussion Topics Used in the GSC Group TreatmentSESSION 1

- *Introductions*: Includes normalizing members' feelings about groups and discussing group rules, what members expect out of treatment, and why they come to treatment
- *Self-Monitoring Logs*: Discussion of clients' completed logs for alcohol or drug use since the assessment interview (Alcohol: Client Handout 3.2; Drug: Client Handout 3.3)
- *Goal Evaluations*: Review of clients' completed goal evaluations for abstinence or low-risk, limited drinking, including their goal importance and confidence ratings (Abstinence: Client Handout 3.4; Goal Choice: Client Handout 3.5)
- *Personalized Feedback*: Discussion of the personalized feedback handouts (i.e., summaries of pretreatment alcohol and drug use; where their alcohol or drug use fits in with respect to national norms; scores on the AUDIT or DAST-10 evaluating the seriousness of their pretreatment substance use (Alcohol: Client Handout 4.1; Drug: Client Handout 4.2).
- *Decisional Balance*: Discussion of good and less good things about changing alcohol or drug use using the decisional balance exercise (Client Handout 3.1)
- *End of Session*: Wrap-Up and what stood out

SESSION 2

- *Self-Monitoring Logs*: Discussion of clients' completed logs for alcohol or drug use since Session 1 (Alcohol: Client Handout 3.2; Drug: Client Handout 3.3)
- *High-Risk Trigger Situations*: Discussion of the reading and exercise on identification of high-risk trigger situations for alcohol and drug use, including how to take a realistic perspective on change (i.e., Mt. Recovery) and how to view slips as learning experiences (Reading: Client Handout 4.5; Exercise: Client Handout 4.6)
- *BSCQ*: Review of the personalized profiles of high-risk situations for alcohol or drug use using the BSCQ clients completed at assessment; includes a discussion of the relationship of the BSCQ profile to their high-risk triggers homework exercise (Client Handout 4.7)
- *Where Are You Now Scale*: Review of clients' completed Where Are You Now scale (Client Handout 3.6)
- *End of Session*: Wrap-Up and what stood out

SESSION 3

- *Self-Monitoring Logs*: Discussion of clients' completed logs for alcohol or drug use since Session 2 (Alcohol: Client Handout 3.2; Drug: Client Handout 3.3)
- *Developing New Options and Action Plans*: Discussion of the homework exercise on developing new options and action plans to deal with the high-risk trigger situations identified in Session 2 (Client Handout 4.8)
- *End of Session*: Wrap-Up and what stood out

SESSION 4

- *Self-Monitoring Logs*: Discussion of clients' completed logs for alcohol or drug use since Session 3 (Alcohol: Client Handout 3.2; Drug: Client Handout 3.3)
- *Personalized Comparative Feedback about Alcohol or Drug Changes*: Discussion of personalized feedback about changes in alcohol or drug use from the assessment session through Session 3 (Client Handouts 4.3 and 4.4, respectively)
- *Comparative Goal Evaluations*: Comparative evaluation of clients' first (assessment) and second (Session 3) goal evaluations, including their goal importance and confidence ratings (Abstinence: Client Handout 3.4; Goal Choice: Client Handout 3.5)
- *Revisiting the Decisional Balance Exercise*: Discussion of any additions or changes in clients' decisional balance exercise answers from Session 1 through Session 4
- *BSCQ Changes*: Review of the prepared personalized profiles of clients' high-risk situations for alcohol or drug use using the BSCQ completed at assessment and at Session 3 (Client Handout 4.9)
- *Implementation of Options*: Discussion of implementation of the exercise relating to new options to deal with the high-risk trigger situations
- *Revisiting Mt. Recovery and Relapse Prevention*: Review of the high-risk triggers reading
- *Where Are You Now Scale*: Comparative review of the clients' completed Where Are You Now scale (Client Handout 3.6) over treatment
- *End of Session*: Wrap-Up and what stood out