

A Session for Recovery Choice

Addiction and recovery | Clinicians | 50 minutes

Guide a 50 minute meeting toward one client chosen recovery action and a feasible support plan.

Intended outcome: the client identifies a meaningful reason for change, chooses one practical action, and knows whom to contact if the plan becomes difficult. Adapt pacing to readiness. Medical or other acute safety needs take priority over this agenda.

Minutes 0 to 15

0 to 5: Check current safety, substance related medical needs, and the client's preferred focus. Explain that they may pass on any reflection. 5 to 15: Use REC01 to explore one recent situation, including the immediate function of use and a consequence the client wants to change. Reflect ambivalence without arguing.

Minutes 15 to 40

15 to 25: Use REC02 to choose one seven day goal. Ask what makes it personally meaningful and what would increase confidence. 25 to 40: Use REC03 to rehearse a response to one likely urge. Practice the first action and a specific support request. Revise the sequence if it requires unavailable resources.

Minutes 40 to 50

40 to 45: Confirm who can help, what the backup is, and whether treatment or medical follow up is needed. 45 to 50: Ask the client to summarize their plan and rate its fit in words. Agree on one practice opportunity and how the next session will review it. Record the client's choice and relevant clinical decisions.

Chosen action, support contact, and next review date

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