# Medication Conversation Prep - Clinician dialogue

Guide a collaborative conversation about medication conversation prep while checking fit and participant choice.

Mental health professionals | 15 minutes

Fictional example: Jordan wants to discuss available medication support for recovery.

### Invite and obtain permission

Offer: "Would it be useful to explore medication conversation prep using an ordinary or fictional example? We can adapt it, observe, or stop." Ask what the person wants from the conversation.

### Elicit before teaching

Ask: "How does this show up, if at all, in your own words?" Offer this idea tentatively: Medication decisions belong in collaborative care with a qualified prescriber. Ask what fits and what does not.

### Guide the task

List questions about treatment options, access, side effects, and follow-up without changing medication independently. Ask for permission before giving an example. Use this fictional illustration if useful: Jordan wants to discuss available medication support for recovery.

### Reflect and check accuracy

Reflect only what was offered: "I heard you describe ___. What did I miss?" Ask: Which questions would help you make an informed decision with your prescriber? Avoid assigning motives or interpreting silence as agreement.

### Respond to a mismatch

If the person rejects the frame, say: "Thank you for correcting it. What would be more useful?" Return to their language or choose a different approach.

### Close with agency

Ask which observation, question, or support request the person wants to keep. Confirm a manageable ending and appropriate follow-up; do not turn a tentative possibility into a homework obligation.

### Reflection

What would tell me to adapt, stop, or seek supervision?

### Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A08-3