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The counselor can find discussions of group development, leadership, concepts, techniques,

and other helpful information for conducting group therapy in Treatment Improvement Protocol 41, *Substance Abuse Treatment: Group Therapy* (CSAT 2005b), a free publication from the Center for Substance Abuse Treatment.

# Appendix C.

## Sample Agreement for Co-Leaders and Client-Facilitators

All clients serving as group co-leaders or client-facilitators are required to read and agree to abide by the conditions below, as indicated by initialing each item and signing at the bottom of the form.

As a co-leader or client-facilitator I agree to the following:

- \_\_\_\_\_ To commit to participating in \_\_\_\_\_ group sessions per week for at least 3 months (for co-leaders) or 6 months (for client-facilitators).
- \_\_\_\_\_ To participate in regular pregroup and postgroup meetings with my assigned group counselor.
- \_\_\_\_\_ To be on time for scheduled groups. If I am unable to attend a scheduled group, I will call and notify the program 24 hours in advance.
- \_\_\_\_\_ To abstain from using illicit drugs or alcohol and from abusing prescription drugs.
- \_\_\_\_\_ To respect and maintain client confidentiality with respect to information disclosed in group sessions.
- \_\_\_\_\_ Not to become involved socially, sexually, or economically with group members or with other program clients.
- \_\_\_\_\_ To abide by the program's statement of ethical conduct.
- \_\_\_\_\_ That I am entering this agreement on a strictly volunteer basis; I understand that I will not be paid for my time.
- \_\_\_\_\_ To actively participate in some form of ongoing recovery support or treatment.
- \_\_\_\_\_ That any departure from the above conditions could result in my termination from the co-leader or client-facilitator position.

\_\_\_\_\_  
Co-Leader's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Client-Facilitator's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Counselor's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Program Director's Signature

\_\_\_\_\_  
Date



# Appendix D.

## Acronyms and Abbreviations List

AA	Alcoholics Anonymous
ACoA	Adult Children of Alcoholics
Al-Anon	A support group for families and loved ones of people who are addicted to alcohol
Alateen	A support group for young family members and loved ones of people who are addicted to alcohol
ASI	Addiction Severity Index
CA	Cocaine Anonymous
CAL	Calendar (for worksheets used during scheduling)
CMA	Crystal Meth Anonymous
CoDA	Co-Dependents Anonymous
CSAT	Center for Substance Abuse Treatment
EA	Emotions Anonymous
ERS	Early Recovery Skills
GA	Gamblers Anonymous
HALT	Hungry Angry Lonely Tired
IC	Individual/Conjoint
IOP	Intensive Outpatient Treatment for People With Stimulant Use Disorders
JACS	Jewish Alcoholics, Chemically Dependent Persons and Significant Others
MA	Marijuana Anonymous
meth	Methamphetamine
MTP	Methamphetamine Treatment Project
NA	Narcotics Anonymous
Nar-Anon	A support group for families and loved ones of people who are addicted to narcotics
OA	Overeaters Anonymous
PA	Pills Anonymous
RP	Relapse Prevention
SAMHSA	Substance Abuse and Mental Health Services Administration
SCH	Schedule (for worksheets used during scheduling)
SMART	Self-Management and Recovery Training
SS	Social Support
TAU	Treatment as Usual



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