

Session Descriptions and Preparation



ONE-SESSION FORMAT		
SESSION TITLE	SESSION DESCRIPTION	PREPARATION NEEDED
Screening	This screening process presents a reliable and valid method for determining whether a participant has a cannabis use disorder, indicating whether he or she would potentially benefit from this brief intervention. It is advisable to conduct a marijuana screening in order to assess whether or not it is appropriate to administer the program sessions. The screening tool included with this program is recommended, as it includes a section on history of use as well as the five-item Severity of Dependence Scale (SDS).	<ul style="list-style-type: none"> • Familiarize yourself with the administration and scoring instructions for the screening tool. • From the digital files, locate and print the screening tool and marijuana fact sheet.
One-Session Program	The purpose of the one-session program is to engage those with problematic marijuana use in a brief, guided discussion about their use and explore options for change. Using motivational interviewing, cognitive-behavioral therapy, and stages of change approaches, the participant is guided through a decisional balance exercise, encouraged to set a quit or change date, informed about withdrawal symptoms, and instructed on how to self-administer the rest of the program using the participant workbook and participant journal.	<ul style="list-style-type: none"> • Review motivational interviewing, cognitive-behavioral therapy, and stages of change approaches (information provided on pages 20–23 in the introduction of this guide). • Review the participant’s screening tool responses. • Print a copy of the participant workbook, a copy of the participant journal, and a copy of the marijuana fact sheet. • Familiarize yourself with key components of the session and approximate time allocations.
Referral to Treatment	A referral for further assessment or more intensive treatment services may be required for some participants. Use your own expertise to inform recommendations and consider the participant’s need for additional assessment, intervention, or more intensive treatment. A review of the participant’s program materials and handouts will likely help guide your decision. A referral form is included to guide your discussion with the participant.	<ul style="list-style-type: none"> • Ask the participant whether he or she would like to invite another individual (significant other, family member, other support) to join a discussion on further options. • Review the participant’s program materials and your own notes, which you have made throughout the previous sessions. • Familiarize yourself with any gains or challenges the participant has faced throughout the program and any additional needs identified so far in the sessions. • From the digital files, locate and print the referral form. • Print out a list of local options for marijuana treatment or other forms of assistance, as needed.

SIX-SESSION FORMAT		
SESSION TITLE	SESSION DESCRIPTION	PREPARATION NEEDED
Screening	This screening process presents a reliable and valid method for determining whether a participant has a cannabis use disorder, indicating whether he or she would potentially benefit from this brief intervention. It is advisable to conduct a marijuana screening in order to assess whether or not it is appropriate to administer the program sessions. The screening tool included with this program is recommended, as it includes a section on history of use as well as the five-item Severity of Dependence Scale (SDS).	<ul style="list-style-type: none"> • Familiarize yourself with the administration and scoring instructions for the screening tool. • From the digital files, locate and print the screening tool and marijuana fact sheet.
Session 1: Preparing for Change	<p>Session 1 should take place approximately one week after the screening was administered. Ideally, the participant should have completed the Cannabis Problems Questionnaire—Revised (CPQ-R) prior to session 1. This session</p> <ul style="list-style-type: none"> • sets the stage for the intervention over the next five sessions • further builds on rapport and intervention engagement • provides an opportunity for the participant to have any questions answered • explains this program’s cognitive-behavioral therapy (CBT) approach • outlines the objectives of the sessions • nurtures the participant’s motivation for change of his or her marijuana use 	<ul style="list-style-type: none"> • Review the participant’s screening results. • Be prepared to make a copy of the participant’s completed CPQ-R, which he or she brings to the session. • Review principles of motivational interviewing (pages 20–21 in the introduction of this guide), as these techniques are very important in sessions 1 and 2. • Print a copy of the participant workbook, a copy of the participant journal, a copy of the HRC, and a copy of the marijuana fact sheet. • Familiarize yourself with the key components of the session and approximate time allocations.
Session 2: Strategies for Change	<p>Session 2 should take place approximately one week after session 1 was administered. Ideally, the participant should have completed the High-Risk Confidence Questionnaire (HRC) prior to session 2. This session</p> <ul style="list-style-type: none"> • reviews the participant’s successes and challenges since session 1 • explores cravings, triggers, and high-risk situations • encourages setting a date for quitting or changing use of marijuana • introduces strategies for coping with this change • discusses withdrawal • considers social support systems 	<ul style="list-style-type: none"> • Review the participant’s screening tool (from the screening) and Cannabis Problems Questionnaire—Revised (CPQ-R) (from session 1). • Review principles of motivational interviewing (pages 20–21 in the introduction to this guide), as these techniques are very important in sessions 1 and 2. • Be prepared to make a copy of the participant’s completed HRC, which he or she brings to the session. • Familiarize yourself with the key components of the session and approximate time allocations.

SIX-SESSION FORMAT (CONTINUED)		
SESSION TITLE	SESSION DESCRIPTION	PREPARATION NEEDED
Session 3: Managing Withdrawal	<p>Session 3 should take place approximately one week after session 2 was administered. Ideally, this session will be scheduled on the date the participant selected as his or her quit date (or change date). This session</p> <ul style="list-style-type: none"> • reviews the participant's successes and challenges since session 2 • introduces cognitive restructuring • discusses drug-refusal skills • addresses marijuana withdrawal • considers slips 	<ul style="list-style-type: none"> • Familiarize yourself with the key components of the session and approximate time allocations.
Session 4: Problem Solving	<p>Session 4 should take place approximately one week after session 3 was administered. Session 4 concentrates on developing the skills needed to maintain abstinence. The techniques covered will differ for each participant, since they will be selected according to individual needs. Both the Sleeping Healthy and the Muscle Relaxation exercises included in the lesson take fifteen minutes each to complete, so you may want to ask the participant to choose only one of these activities to cover in this session. This session</p> <ul style="list-style-type: none"> • reviews the participant's successes and challenges in changing his or her marijuana use since session 3 • discusses problem-solving skills • introduces rewards • addresses insomnia and relaxation techniques • considers drug-free activities 	<ul style="list-style-type: none"> • Familiarize yourself with the key components of the session and approximate time allocations.
Session 5: Review	<p>Session 5 should take place approximately one week after session 4 was administered. This session is designed to allow a detailed review and consolidation of the previous sessions. The pace of the first four sessions is quite fast, and therefore some participants may need a chance to review certain aspects of the program. This session also reserves time for activities that were skipped or were unable to be covered in previous sessions due to time constraints. Analysis of individual participant needs will guide the agenda for this session. Pay particular attention to fine-tuning the skills to what the participant needs to maintain abstinence or changes in his or her use over time.</p>	<ul style="list-style-type: none"> • Familiarize yourself with the key components of the session and approximate time allocations.

SIX-SESSION FORMAT (CONTINUED)		
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Session 6: Keeping on Track	Session 6 should take place approximately one week after session 5 was administered (or, in the case of four-session administration, after the last session). This session introduces relapse-prevention strategies and prepares the participant for ongoing self-management. As this is the last session of the program, conclude with a recap of the participant's progress or segue into a referral for further assessment and more intensive treatment services if warranted.	<ul style="list-style-type: none"> • Familiarize yourself with the key components of the session and approximate time allocations.
Referral to Treatment	A referral for further assessment or more intensive treatment services may be required for some participants. Use your own expertise to inform recommendations and consider the participant's need for additional assessment, intervention, or more intensive treatment. A review of the participant's program materials and handouts will likely help guide your decision. A referral form is included to guide your discussion with the participant.	<ul style="list-style-type: none"> • Ask the participant whether he or she would like to invite another individual (significant other, family member, other support) to join a discussion on further options. • Review the participant's program materials and your own notes, which you have made throughout the previous sessions. • Familiarize yourself with any gains or challenges the participant has faced throughout the program and any additional needs identified so far in the sessions. • From the digital files, locate and print the referral form. • Print out a list of local options for marijuana treatment or other forms of assistance, as needed.