

HARM REDUCTION PSYCHOTHERAPY: BASIC CLINICAL TECHNIQUES

1. Motivational Interviewing
2. The Stages of Change
3. Drug, Set, and Setting
4. The Multidisciplinary Assessment Profile (MAP)
 - Level of addiction
 - Psychiatric co-morbidity
 - Support system
 - Hierarchy of needs
5. Goal Setting and Plan of Action
 - When *client* shows readiness for change
6. Engagement and Retention Strategies
7. Specific Clinical Interventions
 - Accurate psychoeducation
 - Coping skills training
 - Stress reduction
 - Nutrition
 - Substance Use Management (SUM)
 - Relapse prevention training
 - Family therapy
 - Psychiatric medications
 - Drug substitution (methadone, LAAM, marijuana, etc.)

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