*Suggested session format when conducting this model in clinical settings*

CHECK-IN

*Since the last session…*

1. Share one positive and one negative update about your recovery

2. Any substance use?

3. Did you complete your homework?

4. Share one idea you gained from completing the homework

HANDOUT (SKILL)

1. Ask clients to look over handout

2. Ask for reactions

3. Discuss / rehearse skill

CHECK-OUT

1. Name one thing you got out of the session

2. What commitment will you do before the next session?

*From:*

Najavits, L. M., Rosier, M., Nolan, A. L., & Freeman, M. C. (2007). A new gender-based model for women's recovery from substance abuse: Results of a pilot outcome study. *The American journal of drug and alcohol abuse*, *33*(1), 5-11.