



Alpha Counseling

12-Week Outpatient Treatment Program

For Addiction Counselor Guide

Week One: Introduce 12-Step Program. Encourage support group involvement. Give list of support groups locally. Discuss Step-One (definition and application). Invite him to admit that he is an addict. Explain disease concept and let person relate to it and share their openness to embrace accountability. Ask for accountability in regard to sobriety.

Assign: Memorize Step-One and disease concept.

Week Two: Review homework. Discuss Step-Two. Let him explain his concept of God and define his own insane behaviors. Discuss the need for a relationship with God in recovery (share scriptures on Step-Two if he is receptive). Discuss B.U.D. and it's characteristics.

Assign: Memorize Step-Two and B.U.D. Characteristics.

Week Three: Review homework. Discuss Step-Three. Ask him if you could share your concept of God by sharing the gospel. After sharing, invite him to turn over his will and life over to the care of Jesus Christ. If he makes a decision, encourage him to get follow up by another stronger Christian and find a local church.

Assign: Memorize Step-Three and gospel pamphlet.

Week Four: Review homework and discuss progression in recovery. Discuss Step-Four (go over key scriptures if open). Instruct in gaining a clear conscience. Discuss "Where did I come from?"

Assign: Gaining a clear conscience, memorize Step-four.



Week Five: Review homework and discuss progress. Discuss Step-Five (go over key scriptures if open). Discuss "Why am I here?"

Assign: Memorize Step-Five and continue clear conscience work.

Week Six: Review homework and discuss progress. Discuss Step-Six. Discuss "Healing of shame."

Assign: Memorize Step-Six and study healing process.

Week Seven: Review homework and discuss progress. Discuss Step-Seven. Explain confession of sin.

Assign: Memorize Step-Six and study healing process.

Week Eight: Review homework and discuss progress. Discuss Step-Eight; How to Right Wrongs, Developing a Forgiving Spirit.

Assign: Memorize Step-Eight and study handouts.

Week Nine: Review homework and discuss progress. Discuss Step-Nines; How to Make Amends. Discuss Bombshell and Serenity Prayer.

Assign: Memorize Step-Nine and study handouts.

Week Ten: Review homework and discuss progress. Discuss Step-Ten. Introduce D.M.I. daily with prayer.

Assign: Memorize Step-Ten and take D.M.I. daily with prayer.

Week Eleven: Review homework and discuss progress. Discuss Step-Eleven. 2959 Prayer Guide-Daily Personal Prayer. Knowing God's Will. Major Phases of Overcoming.

Assign Memorize Step-Eleven and practice daily prayer and D.M.I.



Week Twelve: Review homework and discuss progress. Discuss Step-Twelve. Make a most wanted list of who to carry the message to. Discuss maintenance plan that should include D.M.I., support group, active local church involvement, and spiritual growth (discipline or care group). Discuss symptoms leading to relapse.

** Will need to purchase the following books to do homework assignments:
12-Steps Spiritual Journey or 12 Steps- A Way Out (both are Recovery Publications).