

## Sessions 13, 14 & 15—Boosters

**Note:** These sessions may also be used to revisit role-playing situations that require social skills/assertiveness.



### Most Important Task for this Session

- Carefully construct a realistic weekly plan for the next several weeks until the next Booster Session.

### Agenda

1. Check-in and homework review
2. Evaluation with a focus on Accomplishment
3. Assign Booster At-Home Worksheet—**Weekly Goal Guide** for the next four weeks, and other relevant Worksheets, and administer any relevant post-tests



**Note to facilitators:** An optional **Certificate of Completion** is available at the end of this session in a fillable PDF format. A labelling of the data fields follows the blank certificate.

### 1. Check-in

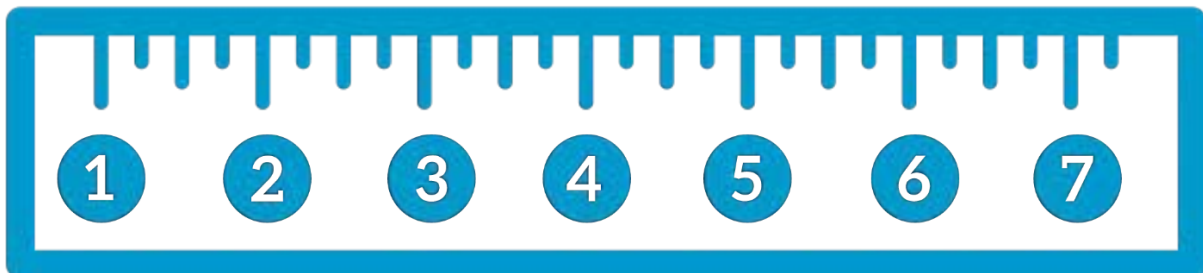
- Write/share the agenda on the board or shared screen; write/share the check-in questions on the board or shared screen.
- Reinforce for arriving on time and bringing back the folder.

### Check-in Questions

Ask participants to answer the four questions. Spend time discussing if homework is not complete or the folder has been lost. Reinforce for all attempts.

1. What is your long-term goal (where would you like to be one year from now)?
2. What is your 3-month goal?
3. Can you please share your At-Home Worksheet, Weekly Goal Guide (what you assigned for yourself and what you completed)?
4. “What is your **Motivation Rating** and **Importance Rating** today on a scale of 1 to 7?” (Scale 1; “Not at all motivated” – 7; “the most motivated”)

### Motivational Rating on a Scale of 1-7



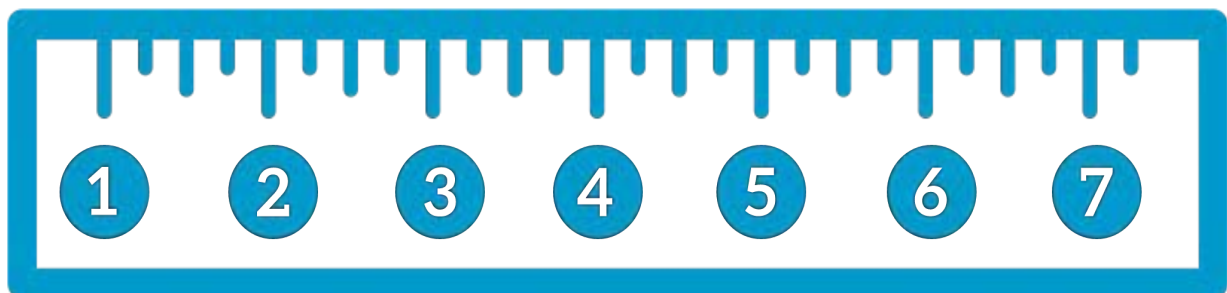
Not at all motivated

Somewhat motivated

Extremely motivated

**Suggested facilitator dialogue:** “You chose a \_\_\_\_\_. List three reasons why you chose this and not a lower number.” (Further the **Change Talk**.)

### Importance Ruler



Not at all important

Somewhat important

Extremely important

**Suggested facilitator dialogue:** “You chose a \_\_\_\_\_. List three reasons why you chose this and not a lower number.”

## 2. Construct a Realistic Weekly Plan

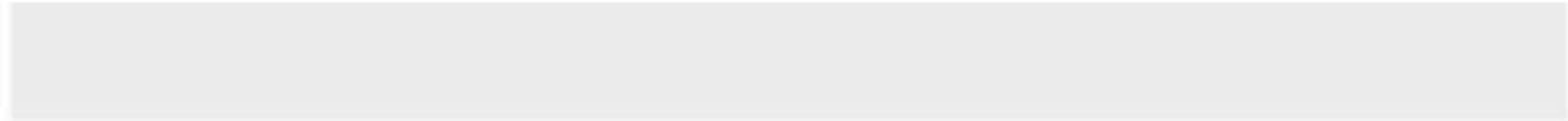
**Facilitator-led activity:** Discuss previous weeks since participants' final weekly MI-CBT session.

- Ask about progress and obstacles.
- Assess use of cognitive and behavioral skills, as well as any self-monitoring.
- Listen for sustain talk and **defeatist beliefs**.
- Engage in role-playing, cognitive restructuring, problem-solving, and decision-making as needed.

Carefully construct a realistic weekly plan for the next several weeks until the next Booster Session. (**Weekly Goal Guide** Worksheets for the four weeks are provided below.) Perhaps schedule check-in phone calls or texts. Ask for ways that participants can reward themselves and help ensure they are accountable to their goals (engage support of family members, write reminder post-its, for example).

# *Increasing Members' Planned Action for Community Thriving (IMPACT)*

*Presented To*



## ***Certificate of Completion***

for Successful Completion of the **Motivational Interviewing —Cognitive Behavioral  
Therapy Program**



**MI-CBT** Motivational Interviewing  
Cognitive Behavioral Therapy

# *Increasing Members' Planned Action for Community Thriving (IMPACT)*

*Presented To*

Participant name

## *Certificate of Completion*

for Successful Completion of the **Motivational Interviewing —Cognitive  
Behavioral Therapy Program**

MM/DD/YY

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Facilitator name, title and signature

**MI-CBT** Motivational Interviewing  
Cognitive Behavioral Therapy

## At-Home Worksheet—Week 1 Goal Guide

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Three-month goal: \_\_\_\_\_

Create your small steps for this week (one to two goals):



1. Work to complete all your TO-DO's during the week.
2. Write in the OUTCOME boxes whether you completed them.
3. Describe any obstacles that came up.

**Step 1.**

**Step 2.**

	MON	TUE	WED	THU	FRI	SAT	SUN
TO-DO's							
OUTCOME (What happened)							

## At-Home Worksheet 2—Weekly Goal Guide

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Three-month goal: \_\_\_\_\_

Create your small steps for this week (one to two goals):

**Step 1.**

**Step 2.**



1. Work to complete all your TO-DO's during the week.
2. Write in the OUTCOME boxes whether you completed them.
3. Describe any obstacles that came up.

	MON	TUE	WED	THU	FRI	SAT	SUN
TO-DO's							
OUTCOME (What happened)							

## At-Home Worksheet 3—Weekly Goal Guide

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Three-month goal: \_\_\_\_\_

Create your small steps for this week (one to two goals):



1. Work to complete all your TO-DO's during the week.
2. Write in the OUTCOME boxes whether you completed them.
3. Describe any obstacles that came up.

**Step 1.**

**Step 2.**

	MON	TUE	WED	THU	FRI	SAT	SUN
TO-DO's							
OUTCOME (What happened)							



## At-Home Worksheet 4—Weekly Goal Guide

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Three-month goal: \_\_\_\_\_

Create your small steps for this week (one to two goals):



1. Work to complete all your TO-DO's during the week.
2. Write in the OUTCOME boxes whether you completed them.
3. Describe any obstacles that came up.

**Step 1.**

**Step 2.**

	MON	TUE	WED	THU	FRI	SAT	SUN
TO-DO's							
OUTCOME (What happened)							