



**PREPARATION
FOR CHANGE:
THE TOWER OF
STRENGTHS
AND
THE WEEKLY
PLANNER**

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This manual is a part of the TCU treatment readiness training program.

This manual was developed as part of the National Institute on Drug Abuse (NIDA) Grant DA08608, *Cognitive Enhancements for the Treatment of Probationers (CETOP)*.

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PREFACE

This manual introduces two card-sorting activities that counselors can use with their clients to help them enrich self-esteem, maintain motivation (*The Tower of Strengths*), and remember personal goals through quotes (*The Weekly Planner*). Both activities are meant to be used early in treatment to enhance motivation and encourage openness to treatment. These activities are a part of the treatment readiness training program. This program, which has its roots in the NIDA-sponsored Drug Abuse Treatment Assessment and Research (DATAR) and Cognitive Enhancements for the Treatment of Probationers (CETOP) projects, is designed to enhance motivation, self-efficacy, and personal resources for making the most out of drug abuse treatment. Additional information on the TCU treatment readiness training program is presented in a manual edited by Dees and Dansereau (1997).

The Activities

The Tower of Strengths is a card-sorting activity in which people assess the strengths they currently possess and choose ideal strengths they would like to develop. *The Weekly Planner* is a card-sorting activity in which people choose motivational quotes to help remind them of and motivate them toward their personal goals. Both *The Tower of Strengths* and *The Weekly Planner* have been field tested with college students, clients, counselors, and scientists.

The Manual: In Brief

The manual provides detailed instructions and essential materials for the creation of both activities (some assembly required). The introduction presents the rationale behind using card-sorting activities and how the activities have been tested and used. Section 1 provides detailed instructions on how to set up and use *The Tower of Strengths* activity. Section 2 provides detailed instructions on how to set up and use *The Weekly Planner* activity. The appendices contain the main components of both activities (maps, cards, instructions, and discussion topics).

Additional Manuals

We hope that you find *The Tower of Strengths* and *The Weekly Planner* to be useful adjuncts to your own counseling strategies. We also are developing manuals for *The Downward Spiral*, a board game designed to depict realistic consequences that could occur to an individual who continues to abuse drugs. In addition to health and financial/legal risks associated with continued drug abuse, players learn how drug abuse affects family, friends, and one's sense of self-worth and personal accomplishments. There are two versions of *The Downward Spiral*. *The Original Downward Spiral* is aimed at people who are already involved in substance abuse. This version includes consequences associated with a wide array of drugs (i.e., heroin, crack, cocaine, LSD, crystal meth, inhalants, marijuana, and alcohol). *The Downward Spiral: College Version* deals with substance abuse issues college students may face. The college version focuses more heavily on alcohol abuse, although other drugs also are addressed.

Other activities for motivating clients early in treatment can be found in a manual developed for counselors as part of a grant from the National Institute on Drug Abuse (see Dees & Dansereau, 1997, for more information). The Institute of Behavioral Research has been involved in developing strategies for improving treatment process and outcomes (For review, see Simpson, Joe, Dansereau, & Chatham, 1997). Additional manuals developed by the Institute of Behavioral Research at Texas Christian University include *Mapping New Roads to Recovery: Cognitive Enhancements to Counseling*; *Time Out! For me: An Assertiveness/Sexuality Workshop Specially Designed for Women*; *Time Out! For Me: A Communications Skills/Sexuality Workshop for Men*; *Approaches to HIV/AIDS Education in Drug Treatment*; and *Straight Ahead: Transition Skills for Recovery*. Copies of these materials are available through Lighthouse Institute, a nonprofit division of Chestnut Health Systems in Bloomington, Illinois. To order call (309) 827-6026, or visit their website at www.chestnut.org.