

THE RECOVERY DESK

PREMIUM EDITION

Addiction Counsellor Session Planning Toolkit

Collaborative, recovery-focused session structure

Expanded guided resource

29 pages • original tools plus premium guided practice

Worked examples • reusable plans • scripts • evidence transparency

PRINTABLE • CHOICE-BASED • PRACTICAL

START HERE

How to use this premium edition

The original Addiction Counsellor Session Planning Toolkit resource is preserved and followed by 12 new guided-practice pages tailored to collaborative, recovery-focused session structure.

Choose, do not complete

Start with the page that matches the present moment. Skip, pause or return later.

Use it with support

Bring a page to a counsellor, peer worker, healthcare professional, supervisor or trusted person when appropriate.

Test personal fit

Notice what changed. Keep, adapt, combine or replace an exercise rather than treating it as a rule.

Know the limit

This resource offers education and reflection. It cannot diagnose, provide emergency care or replace individualized treatment.

Safety comes before completing a page

For immediate danger, overdose, severe withdrawal or a medical emergency, call 911. In Canada, call or text 988 for suicide crisis support.

Before you begin

PURPOSE

This original educational resource combines plain-language information with fictional examples and guided reflection. It is not an evaluated or clinically validated intervention, and it does not guarantee an outcome.

YOUR CHOICE

You can skip questions, use a hypothetical example, write privately, and ask for support. Personal safety, culture, language, disability access, and practical realities matter more than completing every page.

SAFETY AND SCOPE

If there is immediate danger or a suspected overdose, call 911 in Canada or your local emergency number. For suicide crisis support in Canada, call or text 988. For medical, withdrawal, medication, legal, or individual treatment questions, consult a qualified professional.

FOR FACILITATORS

Use within your role, training, organizational policy, and supervision. Obtain informed participation; do not force disclosure or group-based trauma processing. Follow local risk and incident-response procedures.

01 Agree On The Session Agenda

UNDERSTAND

Agree on the session agenda can be approached through observation, one practical decision, and support that fits your circumstances. Avoid treating an educational tool as an assessment or one-size-fits-all treatment. Offer speaking, writing, observing, or passing; adapt for acuity, literacy, language, disability, and cultural context. Do not require personal disclosure.

EXAMPLE - FICTIONAL SITUATION

In a fictional example, Alex notices a difficulty related to agree on the session agenda, considers two options, chooses a small step, and checks whether the step was useful the next day.

TRY IT IN YOUR SITUATION

Write only what feels safe and relevant. You may use a fictional example, skip a prompt, or discuss it with a trusted support person.

What would the participant want to understand about agree on the session agenda?

What two open-ended prompts invite choice rather than compliance?

What accessibility or risk adjustment is needed for this session?

A SMALL ACTION YOU CAN CHOOSE

Choose one objective, one low-pressure activity, and a specific voluntary closing question.

My exact next step, when I will try it, and the support I can request