

THE RECOVERY DESK

PREMIUM FACILITATOR TOOLKIT

The One-Person Group Toolkit

Eight low-preparation psychoeducational sessions adapted for one participant and a facilitator.

8 adaptable psychoeducational session plans, scripts and printable reflection pages.

PRACTICAL TOOLS FOR RECOVERY

Educational resource • Choose what fits • Seek professional support when needed

START HERE

How to use this resource

Use this toolkit within your professional scope, training, workplace policies and supervisory guidance. Each activity is psychoeducation, not a substitute for clinical assessment. Offer choices about speaking, writing, listening, or opting out.

BEFORE YOU BEGIN

If there is an immediate medical or personal safety emergency, contact emergency services (911 in Canada). For suicide-crisis support in Canada, call or text 988. Withdrawal from some substances can require urgent medical care; ask a qualified professional rather than using a workbook to decide what is safe.

YOUR CHOICES

You may change your mind about an exercise, leave a question blank, and ask for assistance. Sharing personal experiences is optional; confidentiality cannot be guaranteed in group or shared living settings.

MAKE THE RESULT USABLE

At the end of each chapter, keep one specific next step: who, what, where, when, and your backup if the preferred option is unavailable.

SESSION 1 / 8

Session 1: A five-minute coping menu

Goal: identify coping choices for different levels of distress. Open by inviting the participant to choose whether to speak, write, or observe. Draw four boxes: body, environment, connection, expression. Offer neutral examples before asking for personal ones.

FICTIONAL EXAMPLE

A participant selects water, a change of room, a support call, and a short drawing activity. The facilitator asks which is accessible today, not which is “best.”

TRY THIS IN YOUR SETTING

1. Which category was easiest to generate?
2. What example could be simplified for low energy?
3. What support step stays within the facilitator’s role?

YOUR PRACTICAL NEXT STEP

Run a 25-minute session: 5-minute opening, 12-minute menu, 5-minute application, 3-minute close.

WORK IT THROUGH

Session 1: A five-minute coping menu

Keep answers specific to your circumstances. Write a few words, draw a plan, or discuss the prompts with a trusted person. You do not need to fill every line.

1 Which category was easiest to generate?

2 What example could be simplified for low energy?

3 What support step stays within the facilitator's role?

PRACTICE / TAKE-HOME ACTION

Run a 25-minute session: 5-minute opening, 12-minute menu, 5-minute application, 3-minute close.

My next action, who can help, and when I will review it

SESSION 2 / 8

Session 2: An urge has a sequence

Goal: notice a cue, thought, body response, urge, access, and possible pause. Use a fictional example first; personal disclosure is optional. Avoid detailed use descriptions. Identify two points where time, location, support, or practical needs may change the sequence.

FICTIONAL EXAMPLE

A fictional person sees an old contact on their phone after a stressful shift and decides to take a 10-minute walk before calling support.

TRY THIS IN YOUR SETTING

1. Which choice point comes before the urge peaks?
2. How can you adapt the map if the participant declines personal examples?
3. What safety concern needs private follow-up?

YOUR PRACTICAL NEXT STEP

Draw a cue-to-action chain and write one response sentence.