**EXERCISE**

**CLINICIAN : Good morning. I am ( NAME,POSITION) you must be Michael.**

**CLIENT :** Yep.

**CLINICIAN : Come on and have a seat. I received some information from your parents,**

 **but what would really be helpful to me is to hear from you, Michael; a little bit more**

 **about what’s going on in your life, and how I might help.**

**CLIENT :** My major concern in my life is this sentence hanging over my head.

**CLINICIAN** **: Well, again, Michael, it sounds like you’re busy and you have lots of pressures, but I**

 **wonder if there’s something the OPD program offers that you could use.**

**CLIENT** : What I need from you is to get that blasted judge off my back.

**CLINICIAN : I’m not exactly sure what you mean, Michael.**

**CLIENT** : What I mean is that, I’m already running all over the place to give urine samples and

 meet all the other conditions of the court; and now I learn that the court says that in

 order for me not to go to jail, I’ve got to participate in this out-patient drug treatment

 program of RIMC-Treatment and Rehabilitation Center.

**CLINICIAN : I’m still a bit confused. What is it that I can do that might help?**

**CLIENT** : You can tell the judge that I don’t need to be here, in the first place and that she should

 stay out of my business.

**CLINICIAN : I may be wrong, Michael ,but as I understand the situation, that’s not an option for either one of us. I certainly want to support you so that you do not get in conflict with**

 **the judge. For both of you to be in an angry relationship seems to me a real recipe for disaster. Further, I get the sense from listening to you that you are really committed not only to yourself, but to your family ; and the last thing that you really want to do is to wind up in prison facing that sentence.**

**CLIENT** : You got that straight.

**CLINICIAN : So it seems to me you’ve made some good choices so far.**

**CLIENT :** What do you mean?

**CLINICIAN : Well, you could have just blown this whole appointment off, but you didn’t. You made a series of choices that make it clear to me that you’re committed to your family, yourself, your business, and for that matter your freedom. I can respect that**

 **commitment and would like to support you in honouring the choices you’ve already made.**

**CLIENT** : Does that mean I’m not going to have to come to these sessions?

**CLINICIAN : No ,I don’t have the power to make that kind of decision. However, you and I can work together to figure out how you might use the OPD program to benefit you.**

**CLIENT** : I can’t imagine getting anything out of sitting around with a bunch of drug addicts, talking about our feelings and whining about all the bad things going on in our lives.

**CLINICIAN : You just don’t seem to be a whiner to me. In any case, that’s not what this session is**

 **about. What I really do is give people the opportunity to learn new skills and apply those**

 **skills in their daily lives; to make their lives more enjoyable and meaningful. What you’ve**

 **already shown me today is that you can use some of those skills to support the good**

 **choices that you’ve already made.**

**CLIENT** : Man, that’s just a bunch of shrink talk. I already told you, all I need is to get the judge off

 my back, and live my life the way I want to live it.

**CLINICIAN : Completing the OPD program is going to help you do that. From what you’ve already**

 **demonstrated, you will do well in the program. I believe you can learn something that**

 **you can use in your daily life and perhaps teach some of the other people in the program**

 **as well. I am certainly willing to work with you to help you accomplish your goal in terms**

 **of meeting the requirements of the court. My suggestion is that you take it one day at a**

 **time and see how it goes. All I would ask of you is what you have already**

 **demonstrated, and that is the willingness to keep your mind open and to keep your**

 **goals for life, clearly in front of you. I see that you’re committed to your family, you’re**

 **committed to yourself, and you’re committed to your freedom. I want to support all**

 **three of those goals.**

**CLIENT** : Well, I guess I can...for now. I’m not yet sure as to what I’m going to get from sitting

 around with a bunch of other guys, telling stories, but I’m willing to give it a try.

**CLINICIAN: That sounds like a reasonable and good choice, Michael. Let me give you a handbook**

 **that will tell you a little bit more about our out- patient program. I’ll see you tomorrow**

 **at 8:30 am here at the rehabilitation center. It’s been nice to meet you. I look forward to**

 **getting to know you better.**

**CLIENT :** I’ll see you tomorrow. You know, this wasn’t as bad as I thought it would be.