

CANNABIS YOUTH THERAPY PROGRAM
SANTA FE ADOLESCENT SERVICES
SUMMARY OF CLASSES

	Modality	Main Topics To Be Covered
Session 1	Individual	Motivation building
Session 2	Individual	Goal setting, introduction to functional analysis, and preparation for group
Session 3	Group	Marijuana refusal skills
Session 4	Group	Enhancing the social support network and increasing pleasant activities
Session 5	Group	Planning for emergencies and coping with relapse
Session 6	Group	Problem solving
Session 7	Group	Anger awareness
Session 8	Group	Anger management
Session 9	Group	Effective communication
Session 10	Group	Coping with cravings and urges to use marijuana
Session 11	Group	Depression management
Session 12	Group	Managing thoughts about marijuana