

3-S INDIVIDUAL SESSIONS

Session topics

Session 1.

Introduction to the 3-S model of the Noble Eightfold Path and 10 spiritual qualities.

Session 2.

Training in Mastery of the Mind (*samadhi*) #1- Right Effort, Mindfulness, Concentration – instruction in the practice of mindfulness and meditation.

Session 3.

Training in Mastery of the Mind #2 -- Handling Addict Self Intrusions.

Session 4.

Training in Morality (*sila*) #1 - right speech, action, and livelihood vis-à-vis addiction and transmission of infection

(note: this session immediately precedes separate education session providing information and skills training for preventing HIV, hepatitis, and other STDs)

Session 5.

Training in morality #2 – everyday ethics

Session 6.

Training in Wisdom (*panna*) #1 -- right thinking and right view -- filling the mind with the Spiritual self

Session 7.

Training in Wisdom #2 -- renunciation of addict self identity – assuming a spiritual self identity

Session 8.

Termination and transition – maintenance of the spiritual path through Truth.

3-S manual individual session format

Each session has the following format:

Welcome

(Note: beginning with Session 3, welcome includes 5 min meditation practice)

Review of previous session *(beginning with Session 2)*:

- A. Overview of material presented in previous session
- B. Discussion of client's completion of at-home practice assignments

Presentation of new material:

- A. Didactic segments
- B. Experiential segments

At-home practice assignments (cumulative*)

Summary of today's session

3-S stretch [with today's assigned spiritual quality inserted]

End.

At home assignments at a glance

Session	Spiritual qualities	Assignment*
1	Strong Determination	3xDaily Self Check-In – increase awareness of addict self activation; 3-S stretch
2	Effort	Meditation on sensations caused by the in and out breath (<i>anapanasati</i>)
3	Equanimity	Use affirmation/prayer to refocus on spiritual path when addict self intrudes
4	Morality	Attend HIV/hepatitis educational session; Transcend craving by systematic observation of impermanence
5	Loving Kindness + Tolerance	Add <i>metta</i> statements to meditation; Use <i>metta</i> statements to defuse conflict
6	Wisdom	Use of Daily Plan to “fill-the-mind” with the spiritual self
7	Renunciation + Generosity	Give up addict self identity; Assume spiritual self identity (act as if)
8	Truth	Follow-up on community referral

***Note:** at-home practice assignments are cumulative. Each session a new assignment is added such that by Session #8, client is practicing all 8 assignments above in daily life.