

## **3-S<sup>+</sup> INDIVIDUAL SESSION TOPICS and FORMAT**

### **Session 1.**

Introduction to the 3-S<sup>+</sup> model of the Noble Eightfold Path and the 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 Mastery of the Mind #3 — HIV medication mindfulness

### **Session 5.**

Training in Morality (*sila*) #1 — right speech, action, and livelihood vis-à-vis addiction and transmission of infection (*note: this session precedes a separate education session providing information and skills training for preventing HIV, hepatitis, and other STDs*)

### **Session 6.**

Training in morality #2 — everyday ethics

### **Session 7.**

Training in Morality #3 — stopping the spread of HIV

### **Session 8.**

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

### **Session 9.**

Training in Wisdom #2 — coping with Stigma

### **Session 10.**

Training in Wisdom #3 — renunciation of addict self identity – assuming a spiritual self identity

### **Session 11.**

Training in Wisdom #4 — serenity and insight

### **Session 12.**

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	Daily 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	Gratitude	Use 'medication mindfulness rituals' to increase adherence to HIV medications
5	Morality	Attend HIV/hepatitis educational session; Transcend craving by systematic observation of impermanence
6	Loving Kindness + Tolerance	Add <i>metta</i> statements to meditation; Use <i>metta</i> statements to diffuse conflict
7	Courage	Advocate for HIV testing and HIV prevention/harm reduction
8	Wisdom	Use of Daily Plan to "fill-the-mind" with the spiritual self
9	Forgiveness	Forgive someone who has hurt you; ask for forgiveness from someone you have hurt.
10	Renunciation + Generosity	Give up addict self identity; Assume spiritual self identity (act 'as if')
11	Serenity	Meditate on the serenity prayer daily in the context of living with HIV
12	Truth	Follow-up on community referral

\***Note:** at-home practice assignments are cumulative. Each session a new assignment is added such that by Session #12, client is practicing all 12 assignments above in daily life.