



Evidence-Based Curricula

Treatment Type	Definition	Resources
Acceptance and Commitment Therapy (ACT)	Acceptance and commitment therapy (ACT) is an action-oriented approach to psychotherapy that stems from traditional behavior therapy and cognitive behavioral therapy. Clients learn to stop avoiding, denying, and struggling with their inner emotions and, instead, accept that these deeper feelings are appropriate responses to certain situations that should not prevent them from moving forward in their lives. With this understanding, clients begin to accept their issues and hardships and commit to making necessary changes in their behavior, regardless of what is going on in their lives, and how they feel about it.	https://www.psychologytoday.com/us/therapy-types/acceptance-and-commitment-therapy https://positivepsychology.com/act-acceptance-and-commitment-therapy/ https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7524566/ https://www.naadac.org/using-acceptance-commitment-therapy-webinar
Anger Management for Substance Use Disorder and Mental Health Clients	This manual, which was originally published in 2002 and has been revised and updated for the current edition, was designed for use by clinicians who work with clients who have substance use and mental health problems co-occurring with anger management problems. In addition, it has been used by individuals for self-paced study outside of a group counseling setting (e.g., by individuals who are incarcerated). The manual describes a 12-week cognitive-behavioral anger management group treatment model. Each of the 12, 90-minute weekly sessions is described in detail with specific instructions for group leaders, tables and exhibits that illustrate the key conceptual components of the treatment, and between-session challenges for group members.	https://store.samhsa.gov/sites/default/files/d7/priv/anger_management_workbook_508_compliant.pdf
Celebrating Families!	Celebrating Families! [™] is a successful, evidence-based 16 week curriculum that addresses the needs of children and parents in families that have serious problems with alcohol and other drugs. The curriculum engages every member of the family, ages three through adult, to foster the development of healthy and addiction-free individuals. A typical cycle was designed to	https://celebratingfamilies.net/curriculum.htm https://www.cebc4cw.org/program/celebrating-families/detailed



	serve 6 to 15 families depending on the site's physical facilities, referral process and intake of eligible families	
Criminal and Addictive Thinking	Criminal and Addictive Thinking was created in partnership with the Minnesota Department of Corrections. It is an evidence-based, cognitive-behavioral therapy (CBT) curriculum that treats addiction in justice-involved clients and is proven to reduce recidivism. The updated and revised curriculum is divided into seven core topics, with all new companion videos and a Facilitator Guide to better serve clients.	https://www.hazelden.org/store/item/521206?Criminal-and-Addictive-Thinking-Workbook-Second-Edition
Cognitive Behavioral Therapy (CBT)	Cognitive-Behavioral Therapy is short-term, goal-oriented a form of psychotherapy that takes a hands-on, practical approach to problem-solving, and emphasizes the important role of thinking in how we feel and what we do. The term “cognitive-behavioral therapy (CBT)” is a very general term for a classification of therapies with similarities. It is used to help treat a wide range of issues in a person’s life, from sleeping difficulties or relationship problems, to drug and alcohol abuse or anxiety and depression.	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2897895/ https://psychcentral.com/lib/in-depth-cognitive-behavioral-therapy http://www.nacbt.org/whatiscbt-htm/
Cognitive-Behavioral Interventions for Substance Abuse (CBI-SA)	The Cognitive Behavioral Interventions for Substance Abuse (CBI-SA) curriculum is designed for individuals that are moderate to high need in the area of substance abuse and well suited for criminal justice populations. The curriculum can be delivered as a stand-alone substance abuse intervention, or incorporated into a larger program, particularly those designed for clients in the corrections system. As the name of the curriculum suggests, this intervention relies on a cognitive behavioral approach to teach participant strategies for avoiding substance abuse. The program places heavy emphasis on skill building activities to assist with cognitive, social, emotional, and coping skill development. Such cognitive behavioral strategies have routinely demonstrated high treatment effects, including when used with a correctional population. The curriculum is non-proprietary, but training is required. The components of	https://www.uc.edu/content/dam/uc/corrections/docs/Training%20Overviews/CBI-SA.pdf



	the curriculum include pretreatment (optional), Motivational Enhancement, Cognitive Restructuring, Emotional Restructuring, Emotional Regulation, Social Skills, Problem Solving, and Relapse Prevention. An adolescent version is also available.	
Dialectical Behavioral Therapy (DBT)	System of therapy originally developed to treat people with borderline personality disorder. DBT combines standard cognitive-behavioral techniques for emotion regulation and reality-testing with concepts of distress tolerance, acceptance, and mindful awareness largely derived from Buddhist meditative practice. Research indicates that DBT is also effective in treating patients who present varied symptoms and behaviors associated with spectrum mood disorders, including self-injury. Recent work suggests its effectiveness with sexual abuse survivors and chemical dependency.	https://behavioraltech.org/resources/faqs/dialectical-behavior-therapy-dbt/
Eye Movement Desensitization Reprocessing	Eye Movement Desensitization and Reprocessing (EMDR) is an evidence-based treatment for posttraumatic stress disorder (PTSD). This means that it has been studied by many researchers and found to be effective in treating PTSD. Most people who complete 1-3 months of weekly 50–90-minute sessions of EMDR show a noticeable improvement in PTSD symptoms. Many people start to notice improvements after a few sessions.	https://www.apa.org/ptsd-guideline/treatments/eye-movement-reprocessing https://www.ptsd.va.gov/family/how_help_emdr.asp
Family Violence Intervention Program (FVIP)	Certified Family Violence Intervention Programs (FVIPs) are 24-week programs that are designed to rehabilitate family violence offenders by holding them accountable and prioritizing victim safety.	https://gcfv.georgia.gov/family-violence-intervention-programs/what-are-family-violence-intervention-programs
Hazelden Co-Occurring Disorders Program	Hazelden Co-Occurring Disorders Program consists of five manuals Screening and Assessment, Integrating Combined Therapies, Cognitive Behavioral Therapy, Medication Management, and a Family Program, Education, Skills and Therapy. The program manualizes the most current research and field-tested practices available, provides everyone on your	https://www.hazelden.org/web/go/cooccurring



	treatment team with the same tools at the same time, and helps create a shared, respectful partnership with clients when developing a treatment plan.	
Hazelden Personal Growth Practical Guidance For Everyday Life (Hazelden LifeSkills)	Hazelden Publishing's Living Skills examines 12 basic skills that many people take for granted: Making decisions, Refusal skills, Interpersonal skills, Values and responsibilities, Setting and attaining goals, Parenting and child development, Hygiene and self-care, Sexual health, Looking for work, Education, Managing money, and Securing housing. The workbooks are divided into chapters that match video sessions, so your clients can move forward at their own speed. The facilitator's guides and training video help clinicians learn how to effectively lead group discussions on these topics and include role playing in their sessions.	https://www.hazelden.org/web/public/living-skills.page
Individual Therapy/Counseling	Individual counseling is a personal opportunity to receive support and experience growth during challenging times in life. Individual counseling can help one deal with many personal topics in life such as anger, depression, anxiety, substance abuse, marriage and relationship challenges, parenting problems, school difficulties, career changes, etc.	https://www.csuci.edu/caps/individual-counseling.htm https://dualdiagnosis.org/treating-dual-diagnosis-patients/individual-counseling/
Individual-Trauma	In individual trauma therapy, a therapist will work with you to better understand your trauma and the way it affects your quality of life. After an evaluation to make sure we are a good fit, a therapist will put together a treatment plan to determine the most helpful way to proceed. Depending on your needs and how you respond, the therapist will offer a variety of techniques.	https://traumacounseling.com/trauma-therapy-treatment-center-los-angeles/individual-trauma-therapy/ https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf https://www.apa.org/ptsd-guideline/treatments
Integrated Dual Disorders Treatment (IDDT)	The Integrated Dual Disorder Treatment (IDDT) model is an evidence-based practice that improves quality of life for people with co-occurring severe mental illness and substance use disorders by combining substance abuse services with mental health services. It helps people address both disorders at the same time—in the same service organization by the same team	https://case.edu/socialwork/centerforebp/practices/substance-abuse-mental-illness/integrated-dual-disorder-treatment https://case.edu/socialwork/centerforebp/resources/clinical-guide-integrated-dual-disorder-treatment



	of treatment providers. IDDT emphasizes that individuals achieve big changes like sobriety, symptom management, and an increase in independent living through a series of small, overlapping, incremental changes that occur over time. Therefore, IDDT takes a stages-of-change approach to treatment, which is individualized to address the unique circumstances of each person's life.	
Living in Balance (LIB)	Moving From a Life of Addiction to a Life of Recovery is a manual-based, comprehensive addiction treatment program that emphasizes relapse prevention. LIB consists of a series of 1.5- to 2-hour psychoeducational and experiential training sessions.	https://www.hazelden.org/web/public/livinginbalance.page https://www.impactpublications.com/product/living-in-balance-moving-from-a-life-of-addiction-to-a-life-of-recovery-revised-and-updated/
Matrix Early Recovery Skills and Relapse Prevention (Matrix Intensive Outpatient Treatment for People with Stimulant Use Disorders)	The Matrix Intensive Outpatient Treatment for People With Stimulant Use Disorders (IOP) package provides a structured approach for treating adults who abuse or are dependent on stimulant drugs. The approach followed in the treatment package was developed by the Matrix Institute in Los Angeles, California, and was adapted for this treatment package by the Knowledge Application Program of the Center for Substance Abuse Treatment of the Substance Abuse and Mental Health Services Administration (SAMHSA).	https://store.samhsa.gov/sites/default/files/d7/priv/sma15-4154.pdf http://www.ncdsv.org/images/SAMHSA_CounselorsTreatmentManual_2006.pdf
Moral Reconciliation Therapy (MRT)	SAMHSA NREPP evidence-based substance abuse treatment for adults/juveniles; originally designed to be used in a prison-based drug treatment therapeutic community; cognitive behavioral treatment used in wide range of corrections settings.	http://www.moral-reconciliation-therapy.com/
MRT - Discovering Life and Liberty in the Pursuit of Happiness	Discovering Life and Liberty in the Pursuit of Happiness is an educational adaptation of basic MRT. The book is used in numerous educational settings, welfare-to-work programs, and in settings focusing on helping individuals set goals, work on relationships, and become more focused.	https://www.ccimrt.com/product/discovering-life-liberty-in-the-pursuit-of-happiness/
MRT - Staying Quit	Staying Quit is targeted to individuals who are participating in substance abuse programs of any type and in any setting.	https://www.ccimrt.com/product/staying-quit-workbook/



	Relapse prevention actually is the primary goal of treatment but focusing on relapse prevention issues should take place sometime after the client is engaged in treatment and not actively using substances.	
MRT - Untangling Relationships	Untangling Relationships is designed to be utilized in 12 group sessions. Groups can be open-ended. This program directly confronts the key issues of codependency including manipulation and dependent relationships.	https://www.ccimrt.com/product/untangling-relationships/
MRT - Winning the Invisible War	Winning the Invisible War specifically addresses the specialized needs of veterans who have been assigned to treatment through the justice system. The program uses the Steps of MRT as its foundation. MRT is an evidence based cognitive-behavioral program that is designed to systematically address clients' decision making and skill building.	https://www.ccimrt.com/product/winning-the-invisible-war/
Motivational Enhancement Therapy (MET)	Motivational Enhancement Therapy (MET) is an adaptation of motivational interviewing (MI) that includes normative assessment feedback to clients that is presented and discussed in a nonconfrontational manner. MET uses an empathic and strategic approach in which the therapist provides feedback that is intended to strengthen and consolidate the client's commitment to change and promote a sense of self-efficacy. MET aims to elicit intrinsic motivation to change substance abuse and other behaviors by evoking the client's own motivation and commitment to change, responding in a way that minimizes defensiveness or resistance.	https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/evidence-based-approaches-to-drug-addiction-treatment/behavioral-therapies/motivational-enhancement-therapy
Motivational Interviewing	Goal-directed, client-centered counseling style for eliciting behavioral change by helping clients to explore and resolve ambivalence. The operational assumption in MI is that ambivalent attitudes or lack of resolve is the primary obstacle to behavioral change, so that the examination and resolution of ambivalence becomes its key goal. MI has been applied to a wide range of problem behaviors related to alcohol and	https://www.motivationalinterview.net/clinical/whatismi.html https://motivationalinterviewing.org/



	substance abuse as well as health promotion, medical treatment adherence, and mental health issues.	
Partners for Change Outcome Management System (PCOMS)	PCOMS Identifies clients at risk for negative outcome before dropout or treatment failure; provides objective, quantifiable data on the effectiveness of providers and systems of care, uses measures that are reliable and valid, but feasible for each clinical encounter, and provides a formalized mechanism for consumer preferences to guide choice of intervention.	https://pubmed.ncbi.nlm.nih.gov/26641369/ https://betteroutcomesnow.com/wp-content/uploads/2018/01/pcoms-at-a-glance.pdf
Peer Support Services	Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process. Peer support workers are people who have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse.	https://www.samhsa.gov/brss-tacs/recovery-support-tools/peers https://www.samhsa.gov/brss-tacs/recovery-support-tools/peers/core-competencies-peer-workers
Prime for Life	Prime For Life® provides a judgment-free way of understanding how alcohol and drug-related problems develop, what we can do to prevent them, and why sometimes we need help. It shifts attitudes, beliefs, and risk perceptions, bringing behavior change within reach. It provides research-based information in an easy-to-understand format and teaches how we can apply that information in our own lives. It creates a unique self-assessment opportunity to enhance awareness of our values and what we might be risking.	https://www.primeforlife.org/programs/prime_for_life_prevention#what https://www.thediversioncenter.com/classes-2/prime-for-life/
Prime Solutions	Prime Solutions® is a “flexibly standardized” approach to treatment. It provides flexibility for counselors to meet the varied needs of clients, along with the standardization state and local agencies require to ensure quality. Consistent with Motivational Interviewing, Cognitive Behavioral Therapy, and the Transtheoretical Model of Change, all 20	https://www.primeforlife.org/programs/primesolutions



	session topics are designed for easy integration with Twelve-Step involvement and enriched with carefully developed media.	
PSR – Psychosocial Rehabilitation – Ind.	Psychosocial Rehabilitation Individual consists of rehabilitative skills building, the personal development of environmental and recovery supports considered essential in improving a person’s functioning, learning skills to promote the person’s self-access to necessary services and in creating environments that promote recovery and support the emotional and functional improvement of the individual.	http://people.uncw.edu/ogler/Self-Stigma-and-Shame-Manual-12-16-12.pdf
Rational Emotive Behavior Therapy (REBT)	Rational Emotive Behavior Therapy (REBT) is a short-term form of psychotherapy that helps you identify self-defeating thoughts and feelings, challenge the rationality of those feelings, and replace them with healthier, more productive beliefs. REBT focuses mostly on the present time to help you understand how unhealthy thoughts and beliefs create emotional distress which, in turn, leads to unhealthy actions and behaviors that interfere with your current life goals. Once identified and understood, negative thoughts and actions can be changed and replaced with more positive and productive behavior, allowing you to develop more successful personal and professional relationships.	https://www.psychologytoday.com/us/therapy-types/rational-emotive-behavior-therapy https://www.verywellmind.com/rational-emotive-behavior-therapy-2796000
Relapse Prevention Therapy	Relapse prevention therapy is a form of cognitive behavior therapy designed to help clients successfully maintain their sobriety after they’ve completed their addiction treatment. It’s designed to help them understand, anticipate, and manage their potential for relapse.	https://valleyoaks.org/service/relapse-prevention-therapy-rpt/ http://lib.adai.washington.edu/clearinghouse/downloads/TAP-19-Counselors-Manual-for-Relapse-Prevention-with-Chemically-Dependent-Criminal-Offenders-109.pdf
Seeking Safety	Manual-guided cognitive-behavioral therapy for trauma, substance abuse, and/or posttraumatic stress disorder (PTSD), or co-occurring PTSD and addictions.	https://www.treatment-innovations.org/seeking-safety.html
Strengthening Families	Nationally and internationally recognized parenting and family strengthening program for high-risk and regular families. SFP is an evidence-based family skills training program designed to increase resilience and reduce risk factors and found to	https://strengtheningfamiliesprogram.org/



	<p>significantly reduce problem behaviors, emotional issues, delinquency, and alcohol and drug abuse in children 3-16 years old and to improve social competencies and school performance. Child maltreatment also decreases as parents strengthen bonds with their children and learn more effective parenting skills.</p>	
TCU (Texas Christian University) Mapping Enhanced Counseling	<p>Communication and decision-making technique designed to support delivery of treatment services by improving client and counselor interactions through graphic visualization tools that focus on critical issues and recovery strategies. As a therapeutic tool, it helps address problems more clearly than when relying strictly on verbal skills. Mapping-Enhanced Counseling is the cognitive centerpiece for an adaptive approach to addiction treatment that incorporates client assessments of needs and progress with the planning and delivery of interventions targeted to client readiness, engagement, and life-skills building stages of recovery.</p>	<p>http://ibr.tcu.edu/wp-content/uploads/2013/09/MappingIntroManualSept08.pdf https://crimesolutions.ojp.gov/ratedprograms/108</p>
Thinking for a Change (T4C)	<p>A cognitive-behavioral curriculum developed by the National Institute of Corrections that concentrates on changing the criminogenic thinking of offenders. It is a cognitive-behavioral therapy (CBT) program that includes cognitive restructuring, social skills development, and the development of problem-solving skills. Developed to be appropriate for adults and juveniles, and for use in and out of custody, but tested so far on adult probationers (felony offenses).</p>	<p>https://nicic.gov/projects/thinking-for-a-change https://crimesolutions.ojp.gov/ratedprograms/242</p>
Trauma Recovery and Enhancement Model (TREM)	<p>The Trauma Recovery and Empowerment Model (TREM) is a fully manualized, group-based intervention designed to facilitate trauma recovery among women with histories of exposure to sexual and physical abuse. Drawing on cognitive restructuring, psychoeducational, and skills-training techniques, the 18- to 29-session intervention emphasizes the development of coping skills and social support. It addresses both short-term</p>	<p>https://www.cebc4cw.org/program/trauma-recovery-and-empowerment-model/detailed http://www.communityconnectionsdc.org/training-and-store/trainings</p>



	and long-term consequences of violent victimization, including mental health symptoms, such as posttraumatic stress disorder (PTSD) and depression, and substance abuse.	
Trauma-focused Cognitive Behavioral Therapy (TF-CBT)	Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based treatment for children and adolescents impacted by trauma and their parents or caregivers. Research shows that TF-CBT successfully resolves a broad array of emotional and behavioral difficulties associated with single, multiple and complex trauma experiences. This is the official TF-CBT National Therapist Certification Program, in which clinicians can become certified in the TF-CBT treatment model.	https://www.tfcbt.org/ https://www.nctsn.org/interventions/trauma-focused-cognitive-behavioral-therapy https://www.goodtherapy.org/learn-about-therapy/types/trauma-focused-cognitive-behavioral-therapy
Wellness Recovery Action Plan (WRAP)	Wellness Recovery Action Plan (WRAP) is a manualized group intervention for adults with mental illness. WRAP guides participants through the process of identifying and understanding their personal wellness resources ("wellness tools") and then helps them develop an individualized plan to use these resources on a daily basis to manage their mental illness.	https://www.wellnessrecoveryactionplan.com/what-is-wrap/ https://dbhids.org/about/organization/strategic-planning-division/peer-culture-and-community-inclusion-unit/wellness-recovery-action-plan-wrap-training/