



# How to Get the Most Out of Rehab

By Addiction Counselor's Corner  
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## Suggestions that are Good for Every Session You'll attend in rehab.

1. It's ok to take your time with opening up during sessions but try not to leave at the same level of disclosure as when you entered.
2. Be honest during your sessions. After all, your counselor will address what you share in most instances, and if you share lies or nothing at all... you won't likely get as much out of your rehab treatment.
3. Work on practicing the coping skills that you discuss with your counselor. Also, know that it is okay if some of these coping skills don't resonate with you. Just be open to trying a variety of coping skills. Remember, when you leave rehab, you take your coping skills with you if nothing else.
4. Arrive on-time and be fully invested in your sessions. Arriving late or too early could cause someone else to miss out on all of their counseling time.
5. Try to always keep your treatment goals at the forefront of your mind; and spend as little time as possible complaining and arguing with your group members and staff.

## Group Counseling Session Suggestions

1. Try not to be distracted with side conversations or arguments between group members that spontaneously occur.
2. Consider having a notebook where you can jot your questions down and ask them when you have the counselor's full attention. You may even prefer to ask these questions during your individual sessions.
3. Try to get at least one take away from each group session.
4. Try to share at least once during each session. Your ideas and feedback are appreciated and valued. You will likely share at least one thing that someone else needs to hear.
5. To stay calm and focused during group, try coping skills such as deep breathing techniques, doodling, coloring, or have sensory item available.

## Individual Counseling Session Suggestions

1. Be invested in collaborating with your counselor to develop a treatment plan that fits your needs.
2. Try to complete your homework assignments, and you can even suggest some homework assignments that may be of interest to you. Your counselor will likely be open to that.
3. Discuss your preferences with your counselor. For instance, do you prefer to write your homework assignments (i.e., journals, worksheets) or do you prefer to discuss your responses during sessions? Do you prefer long sessions or smaller sessions throughout the week, et cetera? It's okay to share what is or is not working for you.
4. If you want a family session, let your counselor know as soon as you become interested in that idea. Most counselors will be open to family sessions.
5. Be patient with your counselor when it comes to your end date. In many instances, your treatment team, company policy, or regulations influence your release date. Those things are often beyond your counselor's control. Yet, this is something that you can discuss with your counselor.



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