



12-Step Integration

- **Description:** A group that explores the principles of the 12-Step program and how to integrate them into daily life.
- **Instructions:**
 - **Introduction (10 minutes):** Provide an overview of the 12-Step program and its core principles.
 - **Step Study (30 minutes):** Focus on a specific step each week. Read the step aloud and discuss its meaning. Use a whiteboard to list key points and personal interpretations.
 - **Interactive Activity (30 minutes):** Create a "step ladder" where clients write down how they plan to apply each step in their life. Use index cards to represent the rungs of the ladder.
 - **Sharing and Reflection (20 minutes):** Encourage clients to share their experiences with the 12 Steps and how they have integrated them into their recovery journey.
 - **Facilitator Role:** Educate on the 12-Step program, guide the step study and interactive activity, and facilitate discussion.
 - **Client Role:** Reflect on the steps, participate in the step ladder activity, and share their experiences with the group.