



## PWR'S PROGRAM FOR HIGH RISK BEHAVIOURS

Based on  
Neuroscience,  
Evidence-Based  
Therapy and Patient's  
Response

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### Element 1 – OVERVIEW, PATIENT COMMITMENT, THERAPEUTIC ALLIANCE

- Executive Summary
- PWR Program and Policies
- Dr. L.M. Doupe's CV
- Bibliotherapy: List of Books Read
- Homework Schedule
- Daily Calendar / Organizer

### Element 2 – MOTIVATION, COORDINATION WITH JUSTICE SYSTEM

- Current Charges
- Bail/Probation Conditions and/or Court Orders

### Element 3 – PHYSICAL HEALTH

- Family Physician – Complete General Assessment
- Specialist Reports
- Blood Work
- Medication – Compliance

### Element 4 – MENTAL HEALTH: PSYCHOTHERAPY, LEARNING TOOLS/SKILLS

#### INDIVIDUAL THERAPY

- Awareness and Monitoring
  - Understanding Your Environment
  - Improving Your Environment
  - The Most Important Document of Your Life
  - Daily Calendar
  - Gratitude
  - Daily Journal Report
- Cognitive Behavioural Therapy
  - Core Beliefs
  - Core Belief Records
  - Cognitive Distortions
  - 4 Questions
  - 4 Step Process
- Response to Environmental Threats
- Meditation

#### GROUP THERAPY

- Understanding and Strengthening Yourself*
- Moving Forward*

### Element 5 – GOOD LIVES MODEL: LIFE SKILLS, FUTURE PLANNING

- Life Planning: My One Page Miracle, Version \_\_\_\_
- Relapse Prevention Plan, Version \_\_\_\_
  - Environmental Controls
  - Change Plan
  - Emergency Safety Plan
- Living with Intent – 4 Quadrants
- Relationships
  - Joint OPM
  - Mutual Regulation
  - Understanding Attachment
- Inter-Personal Therapy – Support and COSA
- Communication – *Crucial Conversations*
- Lifestyle
  - Diet: *The GI Diet*, Caffeine, Alcohol, Drugs
  - Nutraceuticals: Omega 3, Vit B, Vit D
  - Sleep
  - Exercise
  - Spirituality
  - Interests

### Element 6 – MAINTENANCE

Monitor, Review, Plan, Practice, Apply, Report, Celebrate!