3-S+ INDIVIDUAL SESSION TOPICS and FORMAT

Session 1.
Introduction to the 3-S+ 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

<table>
<thead>
<tr>
<th>Session</th>
<th>Spiritual qualities</th>
<th>Assignment*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Strong Determination</td>
<td>3xDaily Self Check-In – Increase awareness of addict self activation; 3-S stretch</td>
</tr>
<tr>
<td>2</td>
<td>Effort</td>
<td>Daily meditation on sensations caused by the in and out breath (anapanasati)</td>
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<tr>
<td>3</td>
<td>Equanimity</td>
<td>Use affirmation/prayer to refocus on spiritual path when addict self intrudes</td>
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<tr>
<td>4</td>
<td>Gratitude</td>
<td>Use ‘medication mindfulness rituals’ to increase adherence to HIV medications</td>
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<tr>
<td>5</td>
<td>Morality</td>
<td>Attend HIV/hepatitis educational session; Transcend craving by systematic observation of impermanence</td>
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<tr>
<td>6</td>
<td>Loving Kindness + Tolerance</td>
<td>Add metta statements to meditation; Use metta statements to diffuse conflict</td>
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<tr>
<td>7</td>
<td>Courage</td>
<td>Advocate for HIV testing and HIV prevention/harm reduction</td>
</tr>
<tr>
<td>8</td>
<td>Wisdom</td>
<td>Use of Daily Plan to “fill-the-mind” with the spiritual self</td>
</tr>
<tr>
<td>9</td>
<td>Forgiveness</td>
<td>Forgive someone who has hurt you; ask for forgiveness from someone you have hurt.</td>
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<tr>
<td>10</td>
<td>Renunciation + Generosity</td>
<td>Give up addict self identity; Assume spiritual self identity (act ‘as if’)</td>
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<tr>
<td>11</td>
<td>Serenity</td>
<td>Meditate on the serenity prayer daily in the context of living with HIV</td>
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<tr>
<td>12</td>
<td>Truth</td>
<td>Follow-up on community referral</td>
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*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.