CLEAR

Choosing Life! Empowerment! Action! Results!

# Client Log

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|---|---|
| **Client ID:** | |
| **Counselor:** | |
| **Stages of Change Score Pre:** | **Stages of Change Score Post:** |

| Core Skill Session (All are required) | Date | Comments |
|---|---|---|
| **Core Skill Session 1** | | |
| **Cores Skill Session 2** | | |
| **Core Skill Session 3** | | |
| **Core Skill Session 4** | | |
| **Cores Skill Session 5** | | |

| Wrap Up! | Date | Comments |
|---|---|---|
| **Session 1: How Do I Maintain the Changes I Have Made?** | | |

| Menu Sessions: Adherence | Date | Comments |
|---|---|---|
| **Session 1: Understanding My Medications and Adherence?** | | |
| **Session 2: What Affects The Way I Take My Medications?** | | |
| **Session 3: How Can I Discuss Medications with My Health Care Provider?** | | |

| Menu Sessions: Stigma | Date | Comments |
|---|---|---|
| **Session 1: How Do I Cope With Internal Stigma?** | | |
| **Session 2: How Can I Deal With External Stigma?** | | |

| Menu Session: Disclosure | Date | Comments |
|---|---|---|
| **Session 1: Should I Disclose My Status** | | |
| **Session 2: When and How Should I Disclose My HIV Status?** | | |

| Menu Sessions: Health Care | Date | Comments |
|---|---|---|
| **Session 1: Motivation For Change: Wanting To Stay Healthy** | | |
| **Session 2: Attending Health Care Appointments** | | |
| **Session 3: Partnering In My Care and Treatment** | | |

| Menu Sessions: Sexual Risk | Date | Comments |
|---|---|---|
| **Session 1: Understanding Why I Have Unsafe Sex?** | | |
| **Session 2: How to Use Condoms (Correctly)** | | |
| **Session 3: Can I Influence My Partner To Use Condoms?** | | |
| **Session 4: Can I Influence My Partner To engage in Safer Sex?** | | |
| **Session 5: How Do I Refuse Unsafe Sex?** | | |

| Menu Sessions: Substance Use | Date | Comments |
|---|---|---|
| **Session 1: Setting the Foundation for Change** | | |
| **Session 2: What Are My External Drug and Alcohol Triggers?** | | |
| **Session 3: What Are My Internal Drug and Alcohol Triggers?** | | |
| **Session 4: What Will Help Me Achieve My Goal Around Injection Drug Use?** | | |
| **Session 5: Drugs, Alcohol, and HIV** | | |