



Understand The Stages of Change & Recovery

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Objectives

- Understand Complexity of Change
- Learn how Stages of Recovery and How Patients Navigate
- Learn Stages of Change/What Works
- Learn how Biology, Recovery Stages and Stages of Change all Interact



LETS GO ON A JOURNEY

BX YOU WANT TO CHANGE



Changing Addicted Bx is Complex....But Possible





The Variance in Change

➤ Client Factors 40%

- The Single Most Potent Factor (participation, quality of engagement, alliance/relationship perception, doing in tx, social supports, complaint duration, environment, fortuitous events, hope)
- The Sheer Impact of their contribution.
- Minimally trained vs Highly paid
- Profoundly Optimistic

➤ Relationship 30%

- Connectedness, Participation, Alliance, Motivation , Cultivating, HOPE ie: Rogers 70's

➤ Therapeutic Technique 15%

- Outcome reflected In content not Type

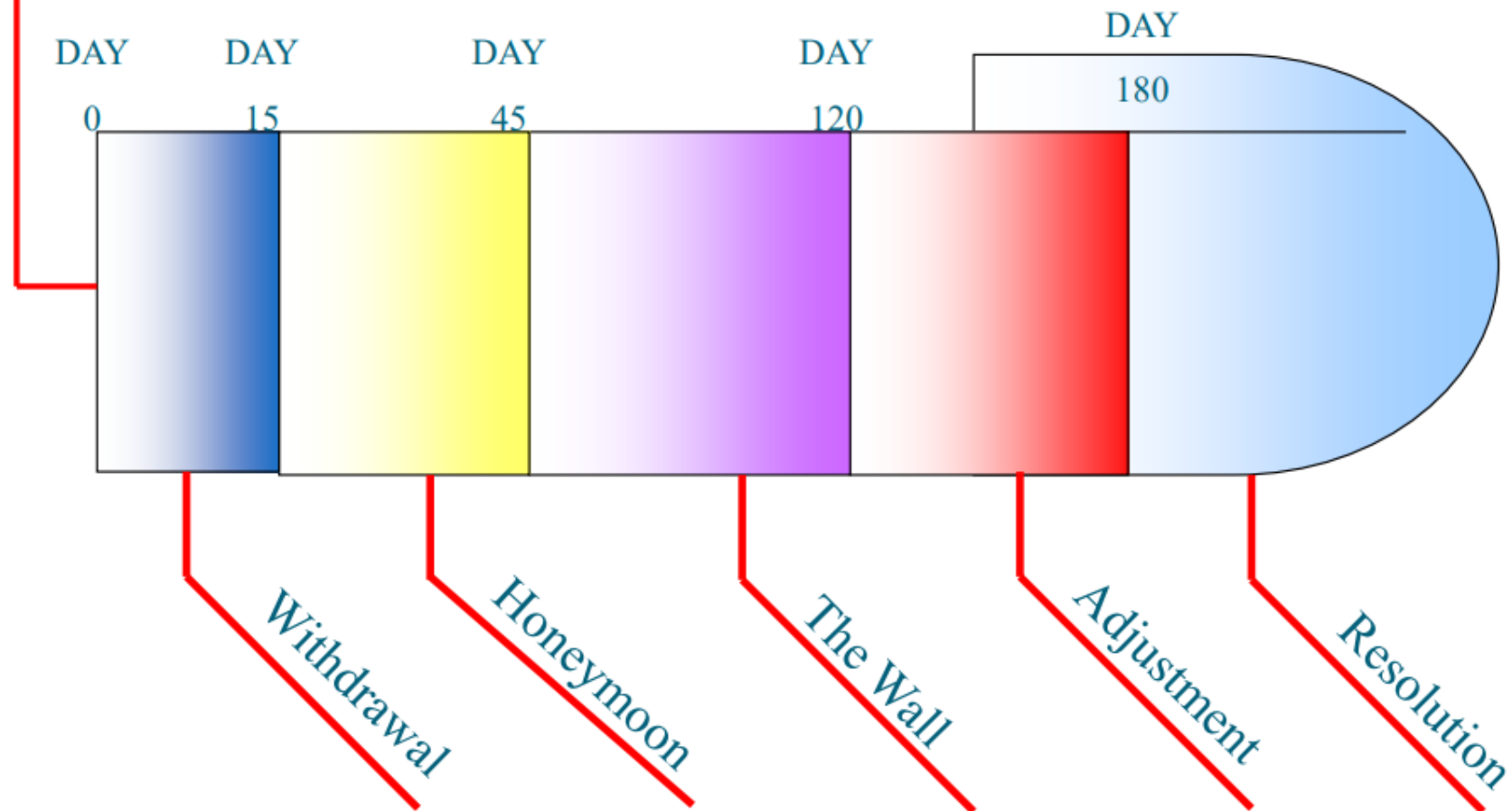
➤ Placebo/Expectancy 15%

- Increased Hope and Expectancy
- Belief and Possibilities.

(Lambert, 1999)



STAGES OF RECOVERY OVERVIEW





Lets Talk Change





Stages of Change: Pre-contemplation

➤ Not Yet Ready for Change

- Little to no insight about problem or need for change
- Indifferent to impact of problem
- May be defensive or confrontational

*No way I'm
going to
change!*

➤ Provider Stage-Matched Response

- Build trust and rapport with the member
- Support member in exploring:
 - Impact of their behavior
 - Concerns about their behavior
 - Pros and cons of making a change



Stages of Change: Contemplation

➤ Ambivalence – Considering Change

- May acknowledge problem, but not sure it can be or needs to be changed
- Fluctuates between acknowledging and denying need for change
- Compromising

➤ Provider Stage-Matched Response

- Acknowledge/Explore ambivalence
- Affirm efforts toward change
- Discuss social norms that support change
- Diminish the cons of changing

*I know I
should eat
healthier –
maybe just
on
weekends?*



Stages of Change: Preparation

➤ Ready For Change

- Open and honest about problem
- Ready to change in the near future
- May have begun making some small changes

➤ Provider Stage-Matched Response

- Support and encourage steps towards change
- Focus on increasing self-efficacy
- Begin developing plan for change
- Confirm the pros of changing

*I signed up
for Weight
Watchers!*



Stages of Change: Action

➤ Making Changes

- Sense of hope despite challenges making change
- Realizing impact of positive changes
- Enthusiastic, optimistic, excited by change
- Trying new strategies to support themselves in the change

➤ Provider Stage-Matched Response

- Identify impacts of positive changes
- Explore challenges in maintaining changes and strategies to address those challenges
- Establish short-term rewards

*I've attended
Weight
Watchers
meetings for a
month and
have lost 5lbs.*



Stages of Change: Maintenance

► Keeping it Going

- Looks for triggers to avoid so that old behaviors do not recur
- Continues to learn new behaviors
- Builds support for changes

► Provider Stage-Matched Response

- Support new approaches to maintaining change
- Explore strategies for ongoing support to changes
- Explore potential triggers that could sabotage change and strategies to address them
- Establish long-term rewards/benefits

I've been working out for 6 months, lost 15 lbs, and just booked a hiking trip.



Words From the Patients

“ JTR has helped me to open my eyes to my addiction. Helped me to get passed my self affliction. I am grateful and thankful for the life I live now. I have put in the work and I can now give.”

“It started here, so I give you guys much love and I will continue my Sober Journey.”

“Mr. Mike McDaniel, I want to truly from the bottom of my heart, thank you. You have helped me work through this from day one. I will always carry you in my heart and recovery.”