

STAGE-WISE INTERVENTIONS

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PURPOSE

Reflection exercise



Stages of change



Stage approach



1.

Quick Reflection

**Think back to the last time
you thought about
changing something about
yourself, reflect on the
process?**

TEN LESSONS

1. Change is not easy
2. Change does not happen over night
3. The change process is not pathologized
4. Change is rooted in transformation
5. Unlearn unhealthy behavior

TEN LESSONS

6. Become comfortable with new behavior
7. Maintain healthy change
8. Be flexible and accepting
9. Be gentle
10. Have empathy for the process

2.

Ambivalence and Stages of Change

AMBIVALENCE

- ▷ Hallmark of contemplation
- ▷ Ambivalence is simultaneously wanting and not wanting something, or wanting two incompatible things
- ▷ Reflected by the way that one talks about their behavior

STAGES OF CHANGE



3.

Stage-wise Approach



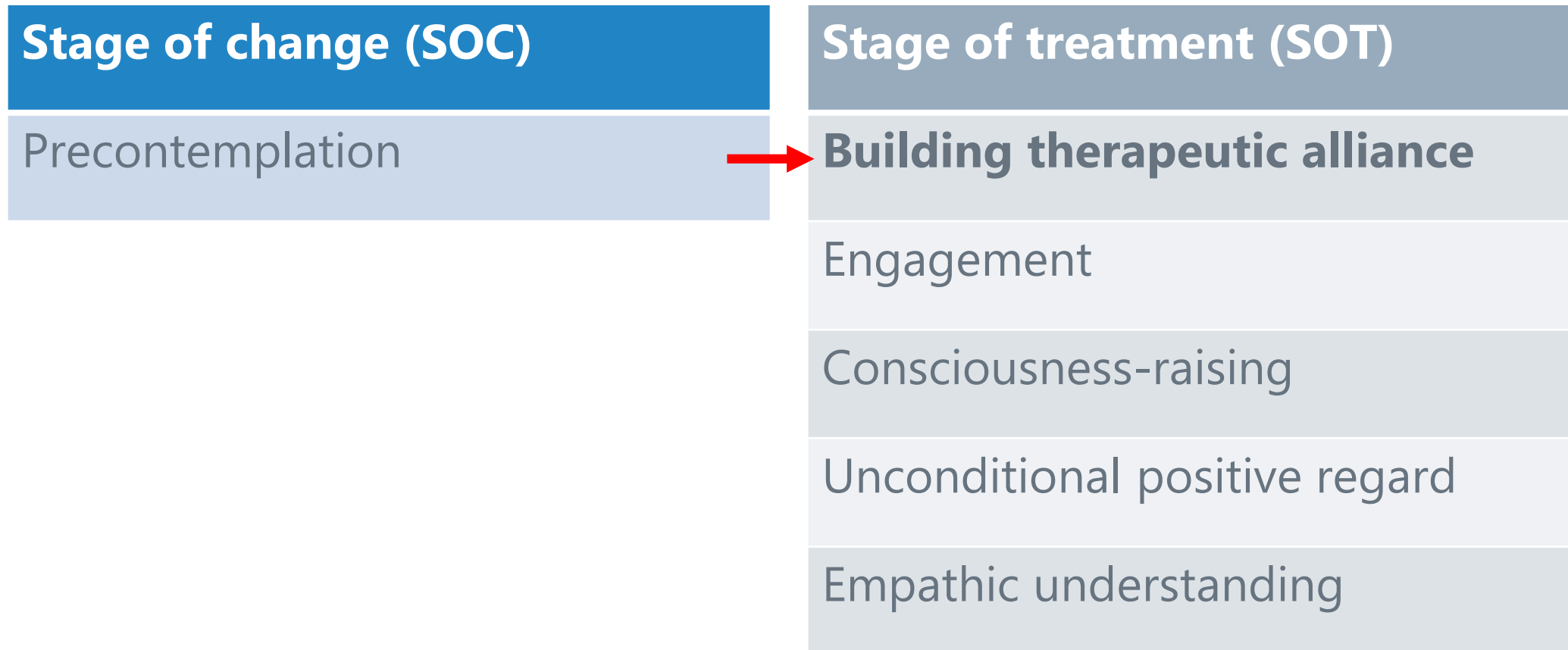
*Given that people may fluctuate across each dimension of change, it is helpful to view recovery as a dynamic, long-term process. By identifying and **contextualizing** the person's stage of change, providers can better promote and support behavior change.*

Barthel et al., 2022

STAGE-WISE APPROACH

Stage of change (SOC)	Stage of treatment (SOT)
Precontemplation	Engagement
Contemplation	Focusing
Preparation	Identifying triggers
Action	Active treatment
Maintenance	Relapse prevention and recovery

STAGE OF TREATMENT IN PRACTICE



THE CASE OF P

- ▷ C: "What would you like to talk about today?"
- ▷ P: "Life is hard, and I don't see it getting better for me. There is no need for me to be here, I don't have a problem with my drinking."
- ▷ C: "It upsets you that things are not going as planned."
- ▷ P: "I don't talk to anyone, and nobody wants to hangout with me because apparently I am not fun anymore."
- ▷ C: "Things looked different before. What caused things to change?"
- ▷ P: "It happened overnight. We went from going out and drinking every night to going out once every two months. The hangovers apparently got too real for them. I mean I get them as well, but I just keep on drinking to avoid feeling sick."

STAGE OF TREATMENT IN PRACTICE

Stage of change (SOC)

Contemplation



Stage of treatment (SOT)

Consciousness-raising

Pros and cons

New interventions

Early effort at goal setting

Evocative questions

STAGE OF TREATMENT IN PRACTICE

Stage of change (SOC)

Preparation



Stage of treatment (SOT)

Identifying triggers

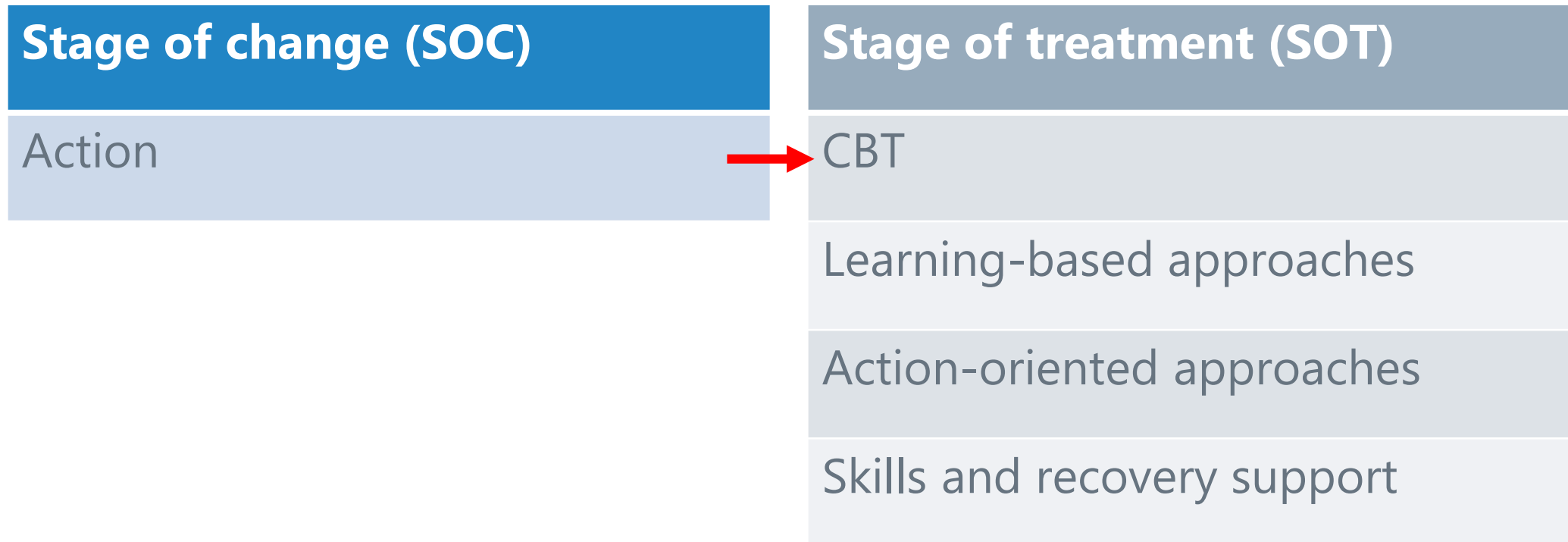
Continued focusing and planning

Scaling questions

THE CASE OF P

- ▷ C: "Tell me about some of the good and bad experiences with drinking?"
- ▷ P: "Drinking helps me take the edge off, especially after a long day of work. I also liked going out with my friends to drink, but they won't go out with me anymore and it worries me. Last time I made efforts to stop drinking, I started to feel like I was going to get sick."
- ▷ C: "Drinking helps you feel relaxed, but afterwards you feel anxious and sometimes ill."
- ▷ P: "Yeah, I miss hanging out with my people. I just can't stop when I start. Sometimes I question if I can do it."
- ▷ C: "You want to make some changes and are not sure if you can do it"

STAGE OF TREATMENT IN PRACTICE



THE CASE OF P

- ▷ C: "How have things been going since we last talked?"
- ▷ P: "Things are a little better. I only drank once in the past two weeks, but sometimes the cravings are really bad, and I struggle."
- ▷ C: "You have been working really hard to cut back. What has helped you with the cravings?"
- ▷ P: "Everyday is a battle and I am trying. To help with the cravings I try to distract myself by eating or going on walks. I also try to attend support meetings. I feel validated there."
- ▷ C: "You've been creative in finding what works for you and at times it is still a struggle. How do you think I can best support you in this process?"

STAGE OF TREATMENT IN PRACTICE

Stage of change (SOC)

Maintenance



Stage of treatment (SOT)

Adapt and adjust

Personal wellness recovery plan

Coping skills

THE CASE OF P

- ▷ C: "You have been working hard on your recovery."
- ▷ P: "Yeah, things have been going well. Working out has helped me cope with the urges. I am thinking of incorporating mindfulness as well. Just want to reduce some of the anxious feelings of going out with friends in the future."
- ▷ C: "You're a problem solver and want to prepare for protentional triggers."
- ▷ P: "Thanks, I have new skills and additional support now. I think I may need some help implementing what I learned in real life settings."
- ▷ C: "This is a great idea. Let's work together to update your recovery plan."

KEY POINTS

- ▷ Change is not easy
- ▷ Change is a process and not a product
- ▷ Different strategies for different stages
- ▷ Panchito continues to work on his recovery

¡Gracias!

Questions?

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