

STAGES OF CHANGE MODEL

<i>STAGE</i>	<i>GOAL</i>	<i>INTERVENTION</i>	<i>FOCUS</i>
<i>Precontemplation</i> (Engagement)	<i>Shift in Focus</i> <ul style="list-style-type: none"> ▪ Assessment ▪ Consciousness Raising ▪ Increase Hope ▪ Develop Ambivalence 	<ul style="list-style-type: none"> ▪ Assessment Tools ▪ Education Groups ▪ Social Alternatives ▪ Typical Day ▪ Exercise 	<ul style="list-style-type: none"> ▪ Thought ▪ Insight
<i>Contemplation</i> (Persuasion)	<i>Shift in Perception</i> <ul style="list-style-type: none"> ▪ Increase Ambivalence ▪ Insight ▪ Decision Making 	<ul style="list-style-type: none"> ▪ Pros & Cons List ▪ Role Playing ▪ Value Clarification ▪ Decision Making ▪ Ambivalence Group ▪ Exercise 	<ul style="list-style-type: none"> ▪ Thought ▪ Insight
<i>Preparation</i> (Persuasion)	<i>Shift in Behavior</i> <ul style="list-style-type: none"> ▪ Commitment Practice ▪ New Behavior 	<ul style="list-style-type: none"> ▪ Skill Development ▪ Image Enhancement ▪ Confidence Building ▪ Action Plan ▪ Social Alternatives ▪ Exercise 	<ul style="list-style-type: none"> ▪ Behavior ▪ Lifestyle
<i>Action</i> (Active Treatment)	<i>Change in Behavior</i> <ul style="list-style-type: none"> ▪ Modify Lifestyle ▪ Abstinence 	<ul style="list-style-type: none"> ▪ Rewards ▪ Relaxation Techniques ▪ Assertiveness Training ▪ Hobbies ▪ Social Alternatives ▪ Exercise 	<ul style="list-style-type: none"> ▪ Behavior ▪ Lifestyle
<i>Maintenance</i> (Relapse Prevention)	<i>Maintain New Behavior</i> <ul style="list-style-type: none"> ▪ Continue Integration and Utilization of New Coping Skills ▪ Abstinence 	<ul style="list-style-type: none"> ▪ Rewards ▪ Support ▪ Relapse Prevention ▪ Hobbies ▪ Skill Development ▪ Social Alternatives ▪ Exercise 	<ul style="list-style-type: none"> ▪ Behavior ▪ Lifestyle

Developed by WestBridge Community Services from DiClemente, C.C., Bellino, L.E., & Neavins, T.M. (1999). Motivation for change and alcoholism treatment. *Alcohol Research & Health*, 23(2), 86-92.; DiClemente, C.C., Schlundt, D., & Gemmell, L. (2004). Readiness and stages of change in addiction treatment. *American Journal on Addictions*, 13(2), 103-119. Printed 08/07.

STAGES OF CHANGE MODEL

	What is the patient feeling/doing?	What can the counselor do?	Are medications appropriate?
precontemplation	not ready to change - the patient has little or no thought or interest in changing the behavior	raise ambivalence – increase the patient’s perception of risks and problems with current behavior	if the patient does not believe that they have a problem with alcohol then they probably will not be open to taking medication; however, knowing there are medications that could help may create an interest in treatment and offer hope
contemplation	thinking about change - the risks and benefits of change are assessed by the patient	tip the decisional balance – evoke reasons for change and risks of not changing; strengthen the patient’s self-efficacy for behavior change	could promote the consideration of possible sobriety and support the notion that change is possible; patients can view medications as another tool to help them achieve their goals
preparation	getting ready to make change - the patient gets ready to change and tests the waters by creating a plan of action	help the patient to determine the best course of action to take in seeking change; develop a plan	can be a part of a patient’s individualized treatment plan; schedule and regimen can promote the patient’s commitment to the plan and set a timeframe for initiating the plan
action	making the change – the patient makes steps to change	help the patient implement the plan; use skills; problem-solve; support self-efficacy	positive effects from medication can reinforce initial success of treatment; can reduce cravings and post-acute withdrawal symptoms
maintenance	sustaining the change – the patient continues the action plan until change has been integrated into the patient’s lifestyle	help the patient identify and use strategies to prevent relapse; resolve associated problems	can prevent relapse; can support stabilization and resolution of other problems during psychosocial therapy sessions; can reduce cravings and post-acute withdrawal symptoms
relapse	slipping back into previous behavior – the patient goes back to the behavior and must re-enter the cycle of change	help the patient recycle through the stages of contemplation, preparation and action, without becoming stuck or demoralized because of relapse and identify triggers leading to relapse	can support the patient’s commitment to change; can reduce cravings and post-acute withdrawal symptoms