The Art of Pushing and Pulling Through the Stages of Change

Presented by:
Ryan N. Wells Sr., MSCJ, MDiv, CADC II, SAP

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Accessing the CE Quiz

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OBJECTIVES

1. Participants will learn the basis of the Transtheoretical Model.
2. Participants will learn how to assess a person’s stage of change.
3. Participants will learn how to implement practical strategies in helping persons progress through the stages of change.

AGENDA

Introduction of the Transtheoretical Model (10 min)
Stages of Change (20 min)
Pushing and Pulling Through the Stages (40 min)
Wrap-up/Q&A (20 min)
INTRODUCTION

Transtheoretical Model (TTM)

The Transtheoretical Model (TTM) focuses on the decision-making of the individual and is a model of intentional change. The TTM operates on the assumption that people do not change behaviors quickly and decisively. Rather, change in behavior, especially habitual behavior, occurs continuously through a cyclical process.

PROCHASKA AND DICLEMENTE
UNTIL THE PAIN OF STAYING THE SAME, OUTWEIGHS THE PAIN OF CHANGING, A PERSON WILL NOT CHANGE!

-Tony Robinson

YOU CAN IF YOU WANT TO...BUT YOU GOTTA WANT TO!

-James F. Sherman
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The TTM IS A MODEL NOT A THEORY

Models are different than theories

STAGES OF CHANGE

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When people are in the pre-contemplation stage, they typically do not consider their behavior to be a problem.

Contemplation specifically refers to the stage at which the person engaging in the addictive behavior begins to think about changing, cutting down, moderating or quitting the addictive behavior.
**PREPARATION (MAPS/GPS)**

A person has moved forward to planning and preparing for carrying out changes they contemplated.

**ACTION (FOCUSED)**

A person working the steps towards recovery.
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MAINTENANCE (RESILIENCE)

A person concerned with continuing to achieve the progress that began in the action stage.

PUSHING AND PULLING THROUGH THE STAGES
**PRE-CONTEMPLATION**

**What they say**

It's not as bad as you all make it seem.

**Toolbox**

When a person is in denial you must raise their awareness through education and information.
**Contemplation**

**What they say**

I have a lot on my plate and a lot going on in my life.

**Toolbox**

Decisional Balance Matrix. What are the Pro’s and Con’s.
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PREPARATION

What they say
I’m sick and tired of being sick and tired.

Toolbox
Let's sit down and develop a plan. A roadmap.
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My only problem is you telling me I have a problem.

What they say
No going back from me.

Toolbox
Resilience, Patience,
WRAP-UP/Q&A

You can if you want to, but you gotta want to!

Accessing the CE Quiz

Courses → Haley and Jessie Test the C… → Live, Interactive Webinar:… → NAADAC - CE Instructional P…

Overview

THANK YOU

Thank you for attending this webinar! In order to get your CE certificate, you will need to pass the content knowledge quiz with a score of 80% or higher and complete the survey evaluation. Click here to access the CE quiz.

CONTRIBUTORS

November 28, 2022
Mon 9:30 AM EST

DURATION 0H 30M
This live web event has ended.
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