



# Stages of Change in Person Centered Planning

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# Stages of Recovery and Treatment

Ohio	Village	Prochaska & DiClemente	Stage of Treatment	Treatment Approaches
Dependent unaware	High risk/ Unidentified or Unengaged	Pre-contemplation	Engagement	<ul style="list-style-type: none"> <li>▪ engagement/relationship building</li> <li>▪ practical help</li> <li>▪ crisis intervention</li> <li>▪ Motivational interviewing</li> </ul>
Dependent aware	Poorly coping/ not self-directed	Contemplation /preparation	Persuasion	<ul style="list-style-type: none"> <li>▪ psycho-education; build awareness</li> <li>▪ goal setting</li> <li>▪ Solution-focused therapies</li> </ul>
Independent aware	Coping/Self responsible	Action	Active Treatment	<ul style="list-style-type: none"> <li>▪ counseling/ CBT</li> <li>▪ skills training/rehab</li> <li>▪ self-help groups</li> </ul>
Inter-dependent aware	Graduated or Discharged	Maintenance	Relapse Prevention	<ul style="list-style-type: none"> <li>▪ relapse-prevention</li> <li>▪ expand skills training</li> <li>▪ WRAP plans</li> <li>▪ mindfulness</li> </ul>

# + Important take home

- **A person can be at a different stage of change in each life domain (and within a life domain)**
- **People can move back and forth between stages – just like recovery, the process is non-linear**
- **Goal may be the same for different stages of change – importance of understanding barriers and the full story to influence creation of objectives and corresponding interventions**

# + Precontemplative

- **The individual is often...**
  - **unwilling to consider change**
  - **unaware of having a disease, disorder, disability or deficit**
  - **unaware of the causes and consequences of the disease, disorder, disability or deficit**
  - **unaware of the need for treatment and rehabilitation**
  - **reluctant/opposed to engaging in treatment and rehabilitation**

# + Sample goal/objective

## ■ Goal

- **“I don’t have any goals for my future”**

## ■ Objective

- **Within 6 weeks Carmen will share her daily mood journal with her therapist.**
- **Objective is designed to support engagement, and potentially within the mood journal will be kernels of ideas for goals.**

# + Precontemplation interventions

- **Consciousness-raising interventions**
  - **sharing observations, asking questions that might elicit consequences of their behavior**
  
- **Building a therapeutic alliance**
  - **understanding and emotional relationship** □
  
- **Non-possessive warmth**
  - **provider relates to the person as a worthwhile human being**
  - **shows unconditional acceptance of the person (as opposed to the behavior, e.g., addiction, offense)**

# + Precontemplation interventions

- **Empathic understanding**
  - **provider tries to understand what the individual is experiencing from the individual's frame of reference**
- **Catharsis**
  - **provider engages in active listening skills, empathic observations**
- **Use of peer support**
- **Intervention**
  - **Talking with the individual in a gentle non- judgmental, caring and loving manner**



# Contemplation/preparation

- **The individual is often...**
  - **somewhat aware of their issues / problems/needs**
  - **partially able to acknowledge the need for change**
  - **prepared to set goals and priorities for future change**
  - **receptive to treatment plans that include specific focus of interventions, objectives, and intervention plans**

# + Contemplation Interventions

- **Continue with precontemplative stage consciousness-raising interventions**
- **Motivational interventions** □
  - **pay-off matrix**
- **Slowly introduce new interventions**
  - **Bibliotherapy**
  - **psycho-education**
  - **peer supports/modeling** □
- **Early efforts at goal setting**

# + Contemplation Interventions

## ■ **Presuppositional Questions**

- **used to encourage individuals to examine and evaluate their needs**
- **think about change in a non-threatening context** □

## ■ **Example**

- **consider an individual who is still not sure he/she has a problem**
- **“Let’s agree that what you are saying is true...what’s keeping you from doing what you really want?”**

# + Contemplation approaches

## ■ •Circular Questions

- **used in a non-threatening manner to ask a question about the individual's issues, situation or predicament from the *perspective of an outsider***

## ■ *Example*

- ***consider an individual who thinks other's are overstating his/her difficulties • "How can you show your friend's and family that you are ready to move forward in your life?"***

# + Preparation stage approaches

- **Continue with contemplative stage awareness enhancing interventions**
- **Slowly introduce new interventions**
- **Encourage the individual's sense of "self- liberation" and foster a sense of personal recovery by taking control of his or her life**

# + Preparation interventions

## ■ Identifying triggers

- **the provider enhances the individual's awareness of the conditions that give rise to his/her issues, situations or predicaments**
- **focus is on the presence or absence of antecedents, setting events, and establishing operations**

# + Preparation approaches

## ■ Scaling Question

- **used as a tool by the individual to “buy into” the treatment planning process• obtain a quantitative baseline**
- **assist the individual to take the next step in the process of recovery**
- **encourage the individual to achieve recovery by successive approximations•**

## ■ Example

- **“On a scale of 1 to 10, with 1 being totally not ready and 10 being totally ready, how would you rate your current readiness to make changes in your life?”**

# + Contemplation stage goal/ objective

## ■ Goal:

- **“I need to know what my future will be”**

## ■ Objective:

- **Within one month Carmen will have a plan for her high school and college education**

# + Action stage

## ■ Characteristics

- **making successful efforts to change**
- **developing and implementing strategies to overcome barriers**
- **requires considerable self-effort**
- **noticeable behavioral change takes place**
- **target behaviors are under self-control, ranging from a day to six months**

# + Action stage interventions

- **Cognitive-behavioral approaches**
- **Learning-based approaches**
- **Action-oriented approaches**
- **Skills and support rehabilitation**

# + Action stage goals and objectives

## ■ Goal

- **“I want to graduate from high school”**

## ■ Objective

- **Carmen will return to class attendance for 10 consecutive full days within a month as reported by Carmen / or support worker**

# + Maintenance stage

## ■ Characteristics

- **Meet discharge criteria**
- **Be discharged**
- **Maintain wellness and enhance functional status with minimum professional involvement**
- **Live in environments of choice**
- **Be empowered and hopeful**
- **Engage in self-determination through appropriate choice-making**

# + Maintenance interventions

- **Adapt and adjust to situations to facilitate maintenance**
- **Develop personal wellness recovery plans**
- **Utilize coping skills in the rhythm of life, without spiraling down (i.e., if substance use is a problem, cope with distressing or faulty cognitions without using drugs)**
- **Learn about mindfulness, especially unconditional acceptance, loving kindness, compassion for self and others, and letting go**

# + Maintenance stage goal/objective

- **Goal *builds on goal from active stage***
  - *“I want to succeed in college”*
- **Objective**
  - *Carmen will develop the cognitive and behavioral skills to remain free of depressive symptoms as measured by completing a first semester at college*

# + Stage of Change & Treatment Planning

- Just as with the assessment of strengths, your impression of the individual's stage of change should inform the development of objectives and interventions on the treatment plan
- For example:
  - A more modest, learning-oriented objective assuming pre-contemplative stage of change:
    - *Gary will identify two negative consequences of substance use as evidenced by correctly stating these to SA counselor in weekly SA rehab group for 3 consecutive weeks – see group progress notes for documentation.*
  - A more ambitious, behaviorally-oriented objective assuming action stage of change:
    - *Gary will demonstrate active use of coping strategies to manage triggers and reduce cravings as evidenced by discussing strategies in weekly SA rehab group for 4 consecutive weeks - see group progress notes for documentation.*

# + Goal

- “I want to take my medications on my own – but I’m worried I might get sick again”

# + Goal

- “I want to live on my own, in my own apartment”