Transtheoretical Model
Breaking down the Barriers

Joyfields affiliation/partnership – since 2014
Belief in Evidence Based Practices, Policies, Operations, Data Collections, Modeling, Programming
Certification in EBP and EBO
16 years of Corrections, Judicial, Research, Suicide Prevention, Centers, Foster Care and Family Preservation
BA in Psy, Crim, Soc; MPA, MA in Crim with concentration in Research
National Trainer in MRT and MRT Trauma
National Trainer in Interactive Journaling
Fidelity Monitor
Evidence Based Practitioner
Currently working on ACA CCE and EBO

Lada Kloi Gasparac

Introduction
Who are you?
- Name, Agency, What you do and what you hope to get out of this?
Stage Matched Treatment (Readiness Matched)

Maintenance ➔ Pre-contemplation ➔ Contemplation ➔ Preparation/Planning ➔ Action ➔ Maintenance

Stage-Matched Treatment

• Once a recovery goal is identified:
  • Identify the specific symptoms and conditions that interfere with the recovery of the goal
  • Target the interfering symptoms and conditions with objectives that are stage-matched
  • Use the stage of readiness to guide the approach of the practitioner

Transtheoretical Model

• Starts with:
  • Understanding the Change Process
  • Understanding what Stage-Matched modeling is
  • Learning how to utilize and elicit Change Talk in order to move client from pre-contemplation to action/relapse

• Process of change similar to the exercise performed.
• History – Prochaska & DiClemente in 1983 and modified a few times since. Used as a model to describe smoking cessation and turned into an elaborate intentional behavioral change model (note, not theory)
• Transtheoretical – Built from multiple theories of why people are the way they are, how they change, what works and does not – the model engages and invites the evaluation of various behaviors, individuals and settings in order to produce change
• Importance of Decisional Balance – internal fight between staying the same and making a change
• Importance of Self-Efficacy – goes hand in hand with self-discipline – reasons why and how individuals maintain belief and behavior
Discard a Value. Be careful what you select.

The Change Companies Stages of Change

Process of Change

<table>
<thead>
<tr>
<th>Precontemplation</th>
<th>Contemplation</th>
<th>Preparation</th>
<th>Action</th>
<th>Maintenance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consciousness Raising</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social Liberation</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Helping Relationships</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emotional Arousal</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self-Reevaluation</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Environmental Reevaluation</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Commitment</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reward</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Countering</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Environment Control</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Pre-Contemplation
Lowest stage of Change process
• Person is simply not ready to change
• May not even see behavior as problematic or be aware of it
• Will not be acting any time soon
• We may even like the way we are

Contemplation
Lowest stage of Change process
• Person may be getting ready to change
• Seeing potential problem
• Weighing pros and cons to change or continued actions
• Waiting for the magic moment
• Fear and Anxiety of the process
• Some undergo the process of maintaining current problem area while lessening its impact as opposed to changing

Preparation
Heading toward change
• Ready to change
• Intend to make change in the very near to near future
• Identified problem area
• Focus less on past and more on the future
• Alternatives and solutions are the focus: planning
• There is an overall confidence being built to change
**Action**

In the process of Change

- Committed to change
- Drawn out and drawing out process of change
- Focus is on effective countering (finding new and healthier ways), problem solving and recognizing the benefits to change.
- Acquiring new behaviors and thinking processes

**Maintenance**

In the process of Change

- Sustained behavior for at least 6 months (if you need to put a measure to it)
- Working actively on self change and recognize environmental changes (domino effect)
- Focus is on relapse prevention and maintenance
- Continue evaluating process, change plans and goals, produce adjustments as necessary

Discard a Value. Be careful what you select.
Relapse and Termination

Pre and Post

- Relapse focuses on return to an earlier stage. What does this mean in terms of what we know?
- Termination – new behavior has become habit and cannot change

Processes of Change

BEFORE ACTION

- Precontemplation
  - Consciousness Raising
  - Social Liberation
  - Helping Relationships
- Contemplation
  - Emphasize Choice and control
  - Explore the Decisional Balance
- Preparation and Planning
  - Identify what’s been tried/worked/not worked
  - Develop a plan with incremental characteristics
- Action
  - Implement plan steps
  - Negotiate and Adjust
- Maintenance
  - Normalize and inventory gains
  - Prevention of Regression and Relapse

Adapted from Change Companies – Changing for Good by James Prochaska, Ph.D., John Norcross, Ph.D., and Carlo DiClemente, Ph.D.
Pre-contemplation

• Describe at least 2 feelings about what it's like to have to participate in treatment
• Describe one thing you'd like to see happen if you do participate in treatment
• Describe the way you would like to see us working with you

Contemplation

• Describe what it means to have choice and control
• Describe 2 things that will be better if you decide to participate in treatment
• Describe what things will be like if they stay the same
• Describe 3 things that will different if treatment helps
• Identify 2 things you could begin working on

Preparation/Planning

• Identify 3 things you have already tried
• Identify 2 things that were useful
• Describe 2 options for managing cravings
• Describe the way in which the agency could help you with your goal
• Develop agreement with the treatment team on the supports and services that would help you achieve your goal
Action

- Increase time spent with Billy by 20 minutes per day
- Increase structured activity with Billy by 20 minutes per day
- Identify 3 situations that went well when you parented your child’s behavior
- Identify 3 parenting strategies that you have found to work when your child is acting out.

Maintenance

- Identify 2 things that could interfere with Billy’s progress
- Identify 2 strategies to manage each thing that could interfere with Billy’s progress
- Prepare a plan to help Billy tolerate unexpected changes in his routine
- Participate in Home Based Services (leads to secondary plan at site of ancillary services)

Discard a Value. Be careful what you select.
Relapse

• Describe your goal now that you have had a setback.
• Describe 2 things you learned from this relapse that will help you next time.
• Describe 2 things that might be a challenge for your recovery in the future.
• Describe 2 strategies for each challenge that will help you stay on track.

Ten Processes of Change

Discard a Value. Be careful what you select.
Which Value card is left? What does this tell you about you?

---

### Process of Change

<table>
<thead>
<tr>
<th>Precontemplation</th>
<th>Contemplation</th>
<th>Preparation</th>
<th>Action</th>
<th>Maintenance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consciousness Raising</td>
<td>Emotional Arousal</td>
<td>Reward</td>
<td>Countering</td>
<td>Environment Control</td>
</tr>
<tr>
<td>Social Liberation</td>
<td>Self-Reevaluation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Helping Relationships</td>
<td>Environmental Reevaluation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Commitment</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Adapted from Changing for Good by James Prochaska, Ph.D., John Norcross, Ph.D., and Carlo DiClemente, Ph.D.