

Becoming familiar with how clinical professionals understand and discuss stages of change is essential to communicating with clinical teams.

Session 4

Stages of Change Model in Recovery

presents commonly understood concepts about stages of change in clinical treatment settings.

The stages of change model is commonly used among clinical staff in treatment programs for behavioral health disorder recovery. The 5 stages of change each have "tasks" that an individual needs to achieve before they will move to the next stage. Similar to the 5 stages of recovery, there are skills and tools that can be used in each of the stages that may help an individual process the task for that stage and move to the next. Using these tools can help someone become ready to make changes in their lives that they were not ready to make before.

It is important to understand that the 5 stages of recovery and the 5 stages of change are two different ways to understand what kind of support a peer may need in order to successfully make positive changes in their lives. One approach is not better than the other, and understanding them both can give peers more ways to work with people in recovery.

Personal Change Experience – Group Activity Part 1

Think about a personal change that you have made in your life.

Write everything you can about that experience to share with your group including:

1. Why — What motivated you to change?
2. How — What was the process?
3. When — What was the timeline?
4. Who — People that helped you/hindered you?

Personal Change Experience – Group Activity Part 2

Think about a personal change that you want to make in your life.

Write everything you can about the potential change to share with your group including:

1. Why — What will motivate you to change?

2. How — What will the process be?

3. When — What will the timeline be?

4. Who — Who might help or hinder you?

Five Stages in the Change Process

Precontemplation	Contemplation	Preparation	Action	Maintenance
The peer is not yet considering change or is unwilling or unable to change. Peers in precontemplation often seek services because of pressure from others. They sometimes seek other reasons for their problems outside of themselves. They can often feel like their situation is hopeless. The <u>primary task</u> is raising awareness.	The peer sees the possibility of change but is ambivalent or uncertain. Peers in contemplation will acknowledge that they have a problem and begin to think about solving it. Peers can struggle to understand their problems, to see the causes and wonder about possible solutions. Many peers in contemplation have indefinite plans to take action within the next few months. The <u>primary task</u> is to work through ambivalence and choose change.	The peer is committed to change but is still considering what to do. Most peers in the preparation stage are planning to take action and are making the final adjustments before they begin to change their behavior. The <u>primary task</u> is to identify appropriate change strategies.	The peer is taking steps toward change but has not stabilized in the change process. Peers in the action stage overtly modify their behavior and their surroundings. They make the moves for which they have been preparing. The <u>primary task</u> is to implement change strategies and learn to avoid potential relapse.	The peer has achieved a goal or goals and is working to maintain change. Change never ends with action. Without a strong commitment to maintenance, there can be relapse, usually to precontemplation or contemplation stage. The <u>primary task</u> is to develop new skills for maintaining recovery.

Discussion Question: How are the stages of change similar and different from the stages of recovery discussed in the previous module?

Session 4 - Review Questions — Stages of Change Model in Recovery

1. What are the five stages of change?

2. Do all people go through all the stages of change?