

JULY 2019 TIP OF THE MONTH: STAGES OF CHANGE - Determination

To Change or Not to Change....That is the Question! This month's Tip of the Month is all about pro-social change! There are several stages of change according to James O. Prochaska and Carlo Di Clemente (Transtheoretical Model). The first stage is Precontemplation. The second stage is Contemplation, and the third stage is Determination. For a better understanding of the Determination stage, please take a look at the attached Tip of the Month and then read the scenario below.

Eliza decides that she is tired of constantly seeking pills and after a few days of thought, she tells her therapist that she is ready to change. The therapist then makes her an appointment with a drug and alcohol counselor.

What would you say to Eliza regarding her decision to seek treatment for her drug use?

How would you help Eliza find a change strategy that is realistic, acceptable, accessible, appropriate, and effective?