

Processes and Mechanisms of Change in Addiction Treatment

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MECHANISMS OF CHANGE: A CLIENT PERSPECTIVE

- What is the client's work in making change happen?
- What is the provider's tasks?
- What is the difference?
- Client Processes
- Provider Strategies and Services

Processes of Change

- Change engines that enable movement through the stages of change
- Doing the right thing at the right time
- Cognitive/Experiential processes during early stages
- Behavioral processes in preparation, action and maintenance

Processes of Change

- Experiential Processes
 - Concern the person's thought processes
 - Generally seen in the early Stages of Change
- Behavioral Processes
 - Action oriented
 - Usually seen in the later Stages of Change

**STAGES AND PROCESSES
OF CHANGE:**

***DOING THE RIGHT THING
AT THE RIGHT TIME***

Experiential Processes

- **Consciousness-Raising**
- **Self-Reevaluation**
- **Dramatic Relief**
- **Environmental Reevaluation**
- **Social Liberation**

Consciousness Raising

- ✚ Clients gain knowledge about themselves and the nature of the behavior
- ✚ Because clients may have been previously unaware of the negative effects of the substance use, learning more about it and its effects will help them make better-informed decisions

Self- Reevaluation

- ✚ The recognition of how a current behavior conflicts with personal values and life goals.
- ✚ Through use of this process, the client performs a thoughtful and emotional reappraisal of the behavior, and visualizes the kind of person he or she might be after making a positive change

Dramatic Relief

- A significant, often emotional experience related to the problem
- Clients often become motivated to make changes when their emotions are aroused by either external or internal stimuli

Environmental Reevaluation

- ✚ Recognition of the effects the behavior has on others and the environment
- ✚ Clients are often motivated by the realization that their substance use has not only negatively affected themselves, but also other, external areas (such as people in their lives and the environments in which they function)

Social Liberation

- ✚ Recognition and creation of alternatives in the social environment that encourage behavior change
- ✚ This process can also be seen as utilizing resources in the environment to alter and maintain changes in behavior.

Behavioral Processes

- Stimulus Control
- Counter Conditioning
- Reinforcement Management
- Helping Relationships
- Self-Liberation

Stimulus Control

- ✚ Avoidance or alteration of cues, so that the likelihood of engaging in the problem behavior is lessened
- ✚ Clients who associate alcohol or drug use with specific environments are less likely to engage in substance use if they avoid those “trigger” situations

Counterconditioning

- Substitution of healthy behaviors for unhealthy ones. In a situation where it is difficult for clients to alter or avoid tempting cues, an effective strategy is for clients to alter their responses to the cues
- This often involves choosing healthy alternatives (such as relaxing in a stressful situation)

Reinforcement Management

- Rewarding of positive behavior changes. This can take the form of actual “rewards” or may simply be the positive consequences resulting from behaviors that prevent alcohol or drug use
- When clients experience rewards following positive steps toward altering their substance using behavior, they are more likely to continue making similar changes

Self-Liberation

- ✚ Belief in one's ability to change, and acting on that belief by making a commitment to alter behavior
- ✚ Clients often demonstrate this process by committing to substance-related change goals

Helping Relationships

- ✚ Relationships that provide support, caring, and acceptance to someone who is attempting to make a change
- ✚ Clients who have abused substances often feel alienated and alone. By engaging in this change process, clients realize that they have a support system and are not isolated in addressing their substance abuse



A Spiral Model of the Stages of Change

Termination

Maintenance

Precontemplation • Contemplation • Preparation • Action

Precontemplation • Contemplation • Preparation • Action

Experiential Processes of Change

Consciousness Raising: Gaining information increasing awareness about the current habitual behavior pattern or the potential new behavior

Emotional Arousal: Experiencing emotional reactions about the status quo and/or the new behavior

Self –Reevaluation: Seeing when and how the status quo or the new behavior fit in with or conflict with personal values

Environmental Reevaluation: Recognizing the effects the status quo or new behavior have upon others and the environment

Social Liberation: Noticing and increasing social alternatives and norms that help support change in the status quo and/or initiation of the new behavior

Behavioral Processes of Change

Self Liberation: Accepting responsibility for and committing to make a behavior change

Stimulus Control: Creating, altering or avoiding cues/stimuli that trigger or encourage a particular behavior

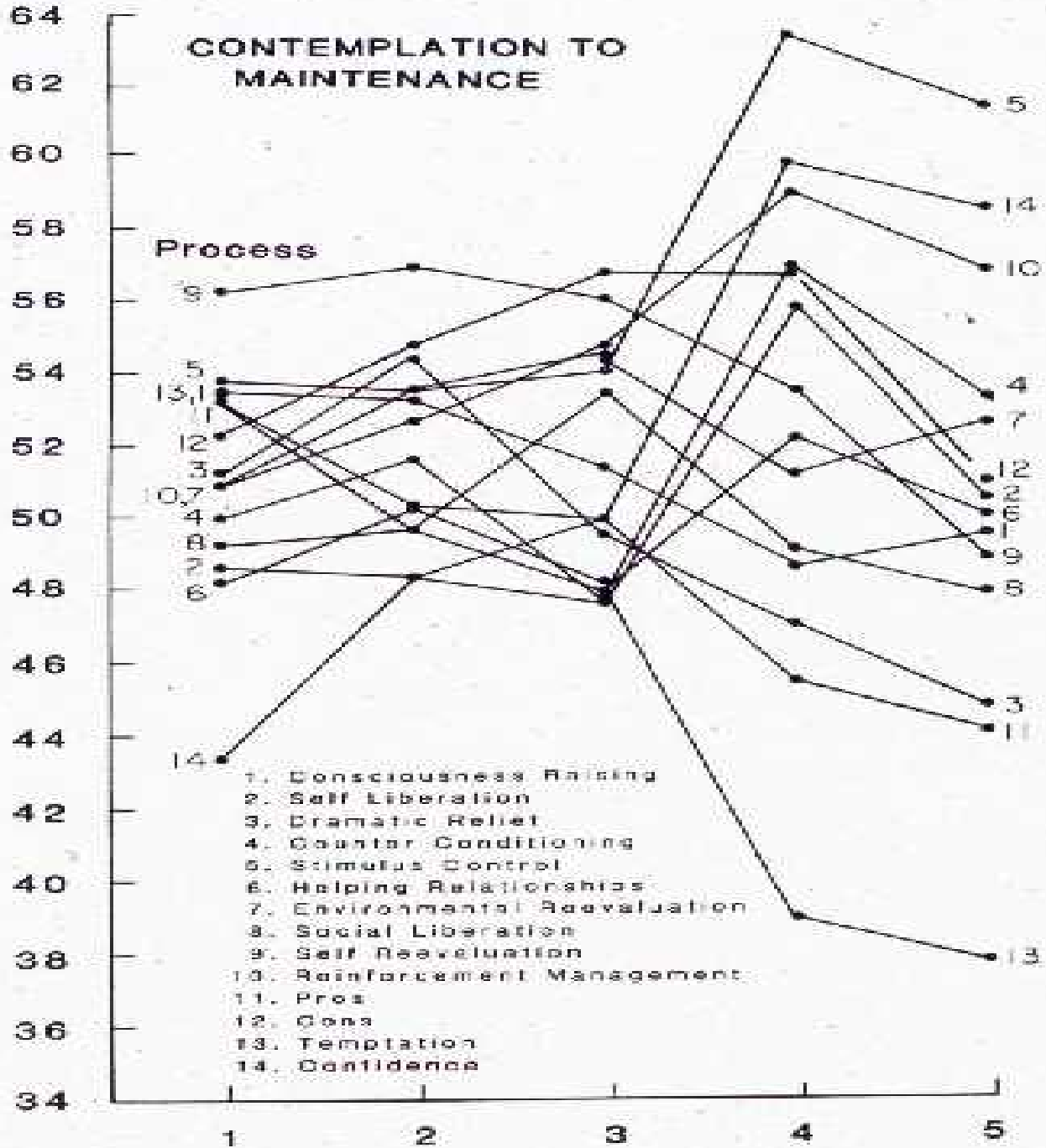
Counter-Conditioning: Substituting new, competing behaviors and activities for the "old" behaviors

Reinforcement Management: Rewarding sought after new behaviors while extinguishing (eliminating reinforcements) from the status quo behavior

Helping Relationships: Seeking and Receiving support from others (family, friends, peers)

CONTEMPLATION TO MAINTENANCE

FREQUENCY



Provider Strategies

- What do you do to engage each of these processes?
- What do you do with less motivated patients that would activate some of these experiential processes?
- What do you do with you action oriented patients that activate the behavioral processes?

Group Treatment for Substance Abuse

A Stages-of-Change Therapy Manual

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A Transtheoretical Model Group Therapy

Each group session is based on a specific TTM process of change. Motivational Interviewing counseling strategies are used throughout the sessions.



Thinking About Changing Substance Use

Precontemplation-Contemplation-Preparation Sequence

1. The Stages of Change
2. A Day in the Life- Consciousness Raising
3. Physiological Effects of Alcohol-
Consciousness Raising
4. Physiological Effects of Drugs-
Consciousness Raising
5. Expectations-Consciousness Raising
6. Expressions of Concern-Self-
Reevaluation, Dramatic Relief

7. Values-Self-Reevaluation
8. Pros and Cons-Decisional Balance
9. Relationships-Environmental Reevaluation
10. Roles-Environmental Reevaluation
11. Confidence and Temptation-Self Efficacy
12. Problem Solving-Self Efficacy
13. Setting a Goal and Preparing to Change-Self Liberation
14. Review and Termination

Making Changes in Substance Abuse Action/Maintenance Sequence

1. The Stages of Change
2. Identifying "Triggers"- Stimulus Control
3. Managing Stress-Counterconditioning
4. Rewarding My Successes-Reinforcement Management
5. Effective Communication-Counterconditioning, Reinforcement Management
6. Effective Refusals-Counterconditioning, Reinforcement Management

7. Managing Criticism-Counterconditioning, Reinforcement Management
8. Managing Thoughts-Stimulus Control, Counterconditioning, Reinforcement Management
9. Managing Cravings and Urges-Stimulus Control, Counterconditioning, Reinforcement Management
10. New Ways to Enjoy Life-Stimulus Control, Counterconditioning, Reinforcement Management
11. Developing an Action Plan-Self Liberation
12. Recommitting After a Slip-Self-Liberation

13. Social Support-Helping Relationships
14. Identifying Needs and Resources-Social Liberation
15. Review and Termination

Example Exercises to Facilitate Consciousness Raising

- Personalized feedback to raise awareness of physiological and psychological effects of alcohol and other drugs. Brief assessment (AUDIT, Drug Screen Inventory), self-scoring, feedback and group sharing
- A Day in the Life
- Teaching Stages of Change
- Exploring Expectations
 - Using alcohol makes me feel less shy
 - I'm more clumsy after drinking
 - I'm more romantic when I use alcohol
 - Alcohol makes the future seem brighter to me
 - I'm more likely to say embarrassing things after drinking

Example Exercises to Facilitate Self-Reevaluation and Dramatic Relief

Group members discuss the ways in which others have expressed concern about their substance use

“Who is concerned?” exercise

Values

Clients identify their values and then examine how their substance use conflicts with those values

- “What I value most” exercise
- Values Card Sort

Example Exercises to Facilitate Self Liberation

Goal Setting and Change Plan

My problem substances are:

This includes a list of the substances that cause you problems.

•My goal for changing my substance use is:

This includes the exact change you plan to make. If abstinence is not the immediate goal, how much will you reduce your use? Be specific about amounts and plans.

•What steps I plan to take:

Be as specific as possible about the actions you will take to reach your goal

•What can get in the way?

Think about any barriers you might encounter as you work toward your goal. For example *“I might get lonely or bored and want to spend time with old friends.”*

•People who can help me

List people (or groups of people) who can help you as you work toward your goal.

(often include other group members, 12 Step sponsor and friends)

Example Exercises to Facilitate Stimulus Control

- Identifying “Triggers”
- Managing Thoughts
- Managing Cravings and Urges

Example Exercises to Facilitate Counter Conditioning

- Managing Stress

Relaxation exercises, meditation, exercise

- Effective Communication

Substituting healthy responses for unhealthy ones

- Effective Refusals

Builds on the effective communication skills and helps clients learn how to change their responses to the triggers of being offered drugs

CONTEXT OF CHANGE

I. SITUATIONAL RESOURCES AND PROBLEMS

II. COGNITIONS AND BELIEFS




III. INTERPERSONAL RESOURCES/PROBLEMS

IV. FAMILY & SYSTEMS

V. ENDURING PERSONAL CHARACTERISTICS

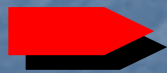
CONTEXT OF CHANGE

I. SITUATIONAL RESOURCES/PROBLEMS

-  Emotional & Behavioral Symptoms:
Anxiety; Depression; Anger;
Addictive or Compulsive Behaviors;
Acting Out Behavior
-  Physical Symptoms & Problems
-  Situational Problems:
Homelessness; Lack of Insurance;
Abusive Home

CONTEXT OF CHANGE

II. COGNITIONS AND BELIEFS



**Problematic or Facilitating
Expectancies**



Beliefs: Supportive or Irrational

CONTEXT OF CHANGE

III. INTERPERSONAL RESOURCES / PROBLEMS



Dyadic Conflicts/Support



Abusive or Supportive Relationships



Lack or Presence of Interpersonal Skills

CONTEXT OF CHANGE

IV. FAMILY OR SYSTEMIC RESOURCES / PROBLEMS



Current or Family of Origin



Social System or Network



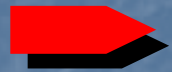
Employment



Legal System

CONTEXT OF CHANGE

V. ENDURING PERSONAL CHARACTERISTICS



Intra-personal Resources



Personality Strengths or Disorders



Self-Identity Issues



Individuation - Self-Esteem Etc.

Stages by Context Analysis

PreC Cont Prep Action Maint

I Sit

II Cog

Experiential Processes

III Rel

IV Sys

Behavioral Processes

V Per

Difficult Clients and Client Difficulties: A TTM Analysis

- Target Problem and Contextual Problems
- Stage of Change for Each Problem
- Identifying Key Processes of Change
- Finding Appropriate Strategies to Engage Processes
- Recycling and Learning from the Past
- Accomplishing Stage Tasks Adequately

Does the Treatment Program Facilitate Change Consistent with the TTM?

- **Promote Progression Through the Stages**
- **Promote Stage Specific Process Use**
- **Promote Appropriate Decisional Balance Shift**
- **Promote Abstinence Self-Efficacy**
 - **Increased Confidence**
 - **Decreased Temptation**