

Stages of Change

Course Description:

This course teaches the Stages of Change model, as developed by DiClemente and Prochaska, and its application to clients of both mental health and substance abuse agencies. A thorough review of each Stage of Change, the client's need during each stage, and appropriate interventions are included in the training. The course will cover the basic elements needed to incorporate Stages of Change into clinical thinking, psychosocial assessments, and individual plans of service.

Course Objectives:

The participant will gain:

1. An understanding of the basic underlying concepts and principles of the Stages of Change model
2. A working knowledge of the six Stages of Change
3. A knowledge of appropriate interventions to make within each Stage of Change
4. A working knowledge of the purpose for understanding and incorporating Stages of Change into clinical practice
5. An understanding of how to implement results of the Stages of Change model into clinical practice
6. The ability to accurately communicate and document the information gathered

Assignments:

Participants are expected to actively engage in dialogue with the instructors and other participants during interactive segments of the course.

Evaluation:

There will be an opportunity for the participants to complete an evaluation of the course and the instructor. Depending on the requirements of the hosting organization, there may be a short post-test of the material at the end of the seminar.

Problems with this Workshop:

If you have any issues with the way in which this training was conducted or other problems, you may note that on your evaluation of the training, you may talk directly to instructor, or you may contact us through our web page (www.Kantu.org) for resolution.