



Stages of Change

Overview

Researchers in the 1970s created a “model of change” to help people stop harmful behaviors. Today, the model is useful for preventing habits from worsening. This course will help participants understand and apply the model of change to gauge a person’s readiness to change and the likelihood they will continue that change forward.

Learning Objectives

- Discuss the Six Stages of Change
- Analyze what influences change
- Understand what it means to be in each stage of change, its goal, and the tasks that, when completed, help a person move to the next stage
- Understand how to support clients to make intentional changes

Course Agenda

Module 1: Overview

- The Transtheoretical Model
 - Behavior Change
- Additional Principles
 - Self-Efficacy
 - Cost-Benefit Analysis

Module 2: The Stages of Change

- Pre-contemplation Stage
 - Pre-contemplation Interventions
 - Avoid
- Contemplation Stage
 - Contemplation Interventions
- Preparation Stage (Determination Stage)
 - Preparation Interventions
- Action Stage

- Action Interventions
- Maintenance Stage
 - Maintenance Interventions
- Relapse or Lapse Stage
 - Relapse Interventions
 - This and That