



LEARNING MODULE II

Seminar # 12

(Workbook)

Family Intervention, Stages of Change

Learning Objectives:

1. How is this issue impacting the family members?
2. What response is required?

How is this issue impacting the family members?

Normally we would not start a workbook session with a video. However, this video so clearly states the introduction to this topic we could not miss the opportunity to let it guide our discussions.

Please view this video.

VIDEO ONE



ASSIGNMENT VIDEO: On www.youtube.com/

Search Title: Prochaska: Stages of Change

<http://amzn.to/2aDmRKX> Being able to get through transformation, whether it is getting over a breakup or quitting an addiction or cultivating a new habit, you may benefit by discovering the stages of change. For more visit <http://reprogrammingmind.com/prochask...>

loved ones lie to us or deceive us and minimize their bad behavior, we lose trust in them. Open and honest communication is the beginning of rebuilding trust. As we patiently speak with us

Link: <https://www.youtube.com/watch?v=eE2gw5eF4Ro>

Duration: 11:41 min.

The Story

VIDEO TWO



ASSIGNMENT VIDEO: On www.youtube.com/

Search Title: Introduction to Motivational Interviewing

Published on May 4, 2018

Bill Matulich

In this slide presentation I talk about the basic concepts of Motivational Interviewing (MI). After a brief definition, topics include: The Spirit of MI, The four basic OARS skills, and the "processes" of MI.

Duration: 17:22 min.

What response is required?

Practical Family Life Exercise # One:

Decisional Balance Worksheet When we think about making changes, most of us do not really consider all "sides" in a complete way. Instead, we often do what we think we "should" do, avoid doing things we do not feel like doing, or just feel confused or overwhelmed and give up thinking about it at all. Thinking through the pros and cons of both changing and not making a change is one way to help us make sure we have fully considered a possible change. This can help us to "hang on" to our plan in times of stress or temptation. Below, write in the reasons that you can think of in each of the boxes. For most people, "making a change" will probably mean quitting alcohol and drugs, but it is important that you consider what specific change you might want to make, which may be something else. Benefits/Pros Costs/Cons Making a change Not changing.

Decision Balance Worksheet

	Benefits Pros to changing	Cost or Cons to changing
Making a Change	1. 2. 3.	1. 2. 3.
Not Changing	1. 2. 3.	1. 2. 3.

FAMILY MEMBERS AND THE STAGES OF CHANGE:

Family Member Name: _____

REF: Read Motivational Interviewing, view youtube.com videos on this subject.

Purpose of Change (why change)

Describe what is the change being required?

What is required to make this change take place:

Person who is to change, Role

Other Family members, Role

Stages of Change

1

Precontemplation

The costs of the problem behavior (such as drug use) are not yet recognized. The individual is in denial and is not seriously considering changing their behavior. They may have made previous attempts to change, but have since given up.

2

Contemplation

The individual is experiencing ambivalence about change. They can see reasons to change their behavior, but they are still hesitant. The problem behavior continues.

3

Preparation

The individual has decided to change their behavior, and they begin to think about how to do so. During this stage they will begin to make minor changes to support their goal, but they might not have completely ended the unwanted behavior.

4

Action

Significant steps are taken to end the problem behavior. The individual might be avoiding triggers, reaching out for help, or taking other steps to avoid temptation.

5

Maintenance

The changes made during the action stage are maintained. The individual may continue to face challenges, but at this point they have successfully changed their behavior for a significant period of time.

Relapse

After making changes, some individuals will return to their previous problem behavior. This can happen at any time during the previous stages. Not everyone will experience relapse, but it is always a risk.