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## **C125.M Stages of Change – The Trans-Theoretical Model (TTM)** *Beginning Level for All*

### **Date/Time:**

Thursday, September 19, 2019: 10 a.m. – 12 p.m.

### **Location:**

201 Sheldon Blvd. SE, Grand Rapids, MI 49503 in the Grand Cayman Conference Room

### **Course Description:**

This course will offer a review and practice of James Prochaska and Carlos DiClemente's Transtheoretical Model for change (Stages of Change). The Trans-Theoretical Model of Change proposes that individuals move through six stages of change in relationship to physical health, substance use, and mental health related behaviors. This training describes how individuals move through the process of change and will introduce treatment strategies/interventions that can be used depending on which stage of change a person is in. This course will describe each of the Stages of Change; give examples of language indicators for each stage, and stage appropriate treatment strategies.

### **Course Facilitator:**

Kayleen DePue, MA, LPC, CCS, CADC, EMT, has been working as a Trainer within the Workforce Development department since 2011. Kayleen's career has included providing residential & outpatient case management, counseling and group facilitation, as well as, clinical supervision and clinical systems management.

### **Course Objectives:**

The student will demonstrate the ability to:

1. Discuss the Trans-Theoretical Model of Change.
2. Describe the characteristics of people in each Stage of Change.
3. Identify principles and processes to employ at each Stage of Change.
4. Identify interventions to aid individuals moving from one stage to the next.

<b>Course Outline:</b>	
▪ Introduction to the topic & Objectives	10 min
▪ Overview of the Trans-Theoretical Model of Change (Stages of Change)	50 min
• Precontemplation Stage of Change	
• Contemplation Stage of Change	
• Preparation Stage of Change	
• Action Stage of Change	
• Maintenance Stage of Change	
• Relapse	
▪ Change Talk	10 min
▪ Case Studies	40 min
▪ Questions & Evaluations	10 min

### **Learning Materials:**

This course uses multiple methods to facilitate learning in individuals with a variety of learning styles. Methods may include lecture with handouts, structured large and small group activities and case studies.

**Assignments/Requirements for Completion:**

Participants are encouraged to actively engage in dialogue with the instructor and other participants during interactive segments of the course. Participants are expected to review case examples identify stage of change and potential interventions. Participants are asked to complete the post evaluation for this course. Participants must sign-in and sign-out on the attendance log, be present for the entirety of the training, as well as complete the post evaluation to qualify for CE credits.

**Fees:**

There is no charge for any Cherry Health employee. There is a \$10.00 fee per hour for non-Cherry Health employees. Refunds will not be given for partial completion of training. Cancellations must be communicated to Workforce Development at least one week prior to the training to be eligible for a refund less a \$10 administration fee. Please bring cash or check (made out to Cherry Health) with you on the day of the training. Failure to bring full payment on the day of the training may result in dismissal from the class.

**Requests for Accommodations:**

Please contact Donna Hattem at: [donnahattem@cherryhealth.com](mailto:donnahattem@cherryhealth.com) at least 10 days in advance of the training if you have special needs as indicated by the ADA (Americans with Disabilities Act). Workforce Development requests that you be specific regarding the accommodations required. Every attempt will be made to meet your request.

**Grievances:**

If you have any questions, concerns, or grievances regarding this training please contact Donna Hattem at: [donnahattem@cherryhealth.com](mailto:donnahattem@cherryhealth.com). Workforce Development will adhere to the Grievance Policy to ensure all grievances are addressed in a timely manner.

**Continuing Education Credits:**

**2 CEs:** Social Work Continuing Education Contact Hours; MCBAP Specific hours; Ohio Nursing Association hours; Michigan Dental Board and Professional Development.

Credits and certificate awarded upon successful completion of the course. Participants who are not employed by Cherry Health will receive a paper copy of a certificate upon successful completion of the training. Cherry Health employees will receive their certificate via HealthCare Source within one week of the training date.

Cherry Health, Provider # 1122, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Cherry Health maintains responsibility for this course. ACE provider approval period: 12/19/2018 – 12/19/2021. Social workers completing this course receive 2 clinical continuing education credits. Social Work Consultant: Rebecca London, LMSW, CAADC, CCS; approved this course through June 10, 2020.

Cherry Health is approved as a provider of continuing nursing education by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91). Approved through June 1, 2020.

Cherry Health, #299170030, is approved provider for continuing dental education by the Michigan Dental Board.