



Comprehensive. Quality. *Healthcare.*

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

Date/Time:

Thursday, December 15, 2022; 10 am – 12 pm

Location:

Live Interactive Webinar: Zoom

Please see **Live Interactive Webinar Requirements and Instructions** for additional details

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, 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:

- A. Describe the Trans-Theoretical Model of Change.
- B. Describe the characteristics of people in each Stage of Change.
- C. Identify principles and processes to employ at each Stage of Change.
- D. Identify interventions to aid individuals moving from one stage to the next.

Course Outline:	
▪ Introduction to the topic & Objectives	10 min
▪ Overview of the Trans-Theoretical Model of Change (Stages of Change)	50 min
▪ 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/Completion Requirements:

Trainees are asked to actively participate in all course activities including lecture, group discussion and on-line application training. To successfully complete the training participants must:

- Sign-in and sign-out on the attendance log
- Be present for the entirety of the training
 - Enable audio and video on electronic device
- Complete the post evaluation and post-test within 7 days of the training date
 - Receive a passing score of 80% or above on the post-test

Credits and certificate awarded upon successful completion of the course. Those who do not meet the requirements for successful completion will not receive credit. Participants who are not employed by Cherry Health will be emailed an

electronic copy of the certificate upon successful completion of the training and verification of payment. Cherry Health employees will receive their certificate via HealthcareSource within one week of the training date. **If due to unforeseen circumstances, Cherry Health does have up to 30 days to provide a certificate.*

Continuing Education Credits:

2 CEs: Social Work Continuing Education Contact Hours; MCBAP Specific hours; Michigan Board of Dentistry Hours; and Professional Development.

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: 12/19/2021 – 12/19/2024. Social workers completing this course receive 2 clinical continuing education credits. Social Work Consultant approved through May 2023.

Cherry Health is an approved provider of continuing education through the Michigan Certification Board of Addiction Professionals (MCBAP).

Cherry Health, #299170030, is approved provider for continuing dental education by the Michigan Board of Dentistry. Cherry Health maintains responsibility for this course. This course offers 2.0 hours. Course approval number: 299220017. Attendance will be monitored by the Workforce Development Department: Taylor Pettit-Rademaker, Development and Training Manager. Michigan Board of Dentistry current approval period: 2/10/2022 - 2/28/2025.

Registration:

Cherry Health staff register for training session(s) by self-enrolling in HealthcareSource.

Non-Cherry Health participants register by completing the Educational Training Registration Form on the Cherry Health website <https://www.cherryhealth.org/resources/education/>

Once registered, you will receive training documents and log-in information for the live interactive webinar session.

Fees:

There is no charge for any Cherry Health employee.

There is a \$15.00 per hour fee for this training for non-Cherry Health employees. Upon registration, an invoice will be sent to you from Cherry Health Workforce Development. Virtual trainings accept check payments only. Checks should be received by Cherry Health no later than 7 days following the training. Please allow 14 days for your check to be processed.

Send checks to:

Cherry Health
Attn: Workforce Development
100 Cherry St. SE
Grand Rapids, MI 49503

Refunds will not be given for partial completion of training. Certificate of completion will be held until payment is received and participant has completed all other course requirements. 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.

Requests for Accommodations:

Please contact Workforce Development at: workforcedevelopment@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 Workforce Development at: workforcedevelopment@cherryhealth.com. Workforce Development will adhere to the Grievance Policy to ensure all grievances are addressed in a timely manner.