**CHEMISTRY-PHYSICAL CHEMISTRY**

TITLE: STEPS IN PROCHASKA AND DICLEMENTE PROCESSES OF CHANGE MODEL.

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**ABSTRACT**

Pre-contemplation, the first step reveals unmotivated people who see no need to find a solution to a problem. The second stage is contemplation. This stage is mark by awareness and acknowledgement of the problematic behavior with serious consideration to change. The next stage along the continuum is the preparation. At this point in the change process, the person can easily acknowledge that a behavior ais problematic and can make a commitment to correcting it. During the action stage, change happens. Continuing the new behavior change is the maintenance.

MAIN BODY

INTRODUCTION

Five official stages are described in Prochaska and DiClemente’s processes of change model include, pre-contemplation, preparation, action and maintenance.

**Step1. Pre-contemplation**.

In the pre-contemplation stage, clients may not recognize the consequences of their actions. Some clients may have been court-ordered or otherwise pressured into treatment. In any case, clients in this stage are typically not considering changing their behavior. Assessment clues include ignorance or denial of problems.

**Intervention by addiction Professional.**

An addiction professional would intervene in this stage by employing strategies including listening actively to the client, expressing empathy and accepting the client's resistance rather than opposing it. Personalized tasks may include asking clients to reconsider their behavior by analyzing the risks of their actions and identifying any benefits of changing.

**Challenges an addiction professional would have.**

Some of the clients don’t know why they are even referred to treatment hence as an addiction professional you have to take on the sole responsibility of the client’s setbacks. The challenge is to create a safe and a supportive environment in which the client can feel comfortable addressing the topic of change.

**Step2.Contemplation.**

Clients acknowledge their problem in the contemplation stage but may not have the confidence to take a step forward. Clues to recognizing clients in this stage include uncertainty, conflicted emotions or ambivalence about changing. Instilling hope in the client's ability to proceed is a crucial form of support in this stage.

**Intervention by addiction professional.**

Effective interventions that can be employed by addiction professionals may include asking about a client's beliefs to help gain a deeper understanding of their behavior. Asking about possible barriers to change may also be helpful. Clients may gain a stronger sense of purpose by asking them to weigh the pros and cons of present behavior as well as the pros and cons of changing.

**Challenges an addiction professional would have.**In highlighting the negative aspect of the clients’ behavior, the addiction professional should be careful not to paint such a negative picture that it further discourages people from thinking that change is possible.

**Step 3. Preparation**.

In the preparation stage, clients are willing to take small steps forward. Most clients have progressed through the weighing process to conclude more or less in favor of change. Evidence of this stage may include statements confirming a client's commitment to change and a willingness to prepare a plan of action. At this point in the change process, the person can easily acknowledge that a behavior is problematic and can make a commitment to correcting it. **Intervention by an addiction professional.**

An addiction professional would intervene in this step by advising the client to set small, achievable goals which is very essential. Strategic tasks may include identifying resources, supports and skills the client may draw on and then help the client create a plan to attain them. Encourage the client's self-efficacy and commitment to change.

**Challenges an addiction professional would have.**

The challenge is to help clients at this stage develop a change plan strategy that seem inappropriate or ineffective and guiding them towards more productive alternatives.

**Step 4.Action**

Clients in the action stage have developed clear plans for change and are implementing them. They are easily identified by their direct actions towards accomplishing their goals. During the action stage, change happens. Total abstinence of the adverse behavior is the expectation for a period of fewer than six months.

**Intervention by an addiction professional.**

As clients become more active, clinicians take on less active roles. The intervention strategies considered by an addiction professional in this stage include periodic reviews of client motivations, resources, progress and enthusiastically praising success. Then, as clients gain greater confidence and ability, they provide additional support, advice and guidance only as needed.

**Challenges that an addiction professional would have.**

The challenge is that many people including the addiction professionals erroneously equate action with willingness to change and as a consequence, overlook the requisite work that individuals must do to maintain the changes that follow action.

**Step5.Maintenance**

Clients enter the maintenance stage after adopting their new change for at least six months. Other identifying factors are unwavering commitment to their change and conscious actions to avoid temptation. They are prepared for potential pitfalls, with well-developed coping skills and support systems.

**Intervention by an addiction professional.**

Continuing more as a consultant, the counselor provides advice, guidance and support to clients in the maintenance stage only as needed. People typically remain in this stage for up to 5 years as confidence in sustaining their new lifestyle increases and fear of relapse decreases.3 Interventions during this stage may include helping clients recognize how overconfidence sometimes leads to relapse. It's also important to promote the mindset that a potential relapse is only a minor setback, not a devastating failure.

**Challenges that an addiction professional would have.**

The addiction professionals are pushed to assess the history of the clients’ recovery attempts and where they currently are in the stages of change. They may have designed an excellent action-oriented treatment program but first of all they must assess the clients’ readiness for change and tailor their interventions accordingly.

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