**Prochaskas and Diclemente Process of Change**

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**Prochaskas and Diclemente Process of Change**

 The process of change model was developed by James prochaska and Carlo diclemente during a cessation research on smoking in 1983. They noticed that change from unhealthy behavior to good behavior is composite.

The process of change model is a process to change and guide an individual to change a problematic behavior affecting him or her. It focuses on decision making of an individual and willingness to eliminate a problem behavior but also includes use of strategies, interventions and processes of changing and guiding an individual through the process of change.

The process of change model describes the process of behavior change as occurring in each stage of process of change. In this model, change of behavior occurs gradually in each stage and in assumption that people do not change behavior quickly and decisively rather it can occur through recurrent process.

The process of change recognizes behavior change as a process that reveals over time involving progress through stages of change. With the time, when an individual remains in the same stage it is variable and may require professionals, certain principle and processes of change work based on each stage to reduce resistance and facilitate progress of an individual.

Pre-contemplation is the first stage of prochaskas and diclemente process of change. This is the stage where an individual is not even considering changing their behavior. They may not be aware that they have a problem, or they may feel that their behavior is not really an issue.

 Contemplation second stage in the process of change .This stage, an individual begins to consider the possibility of changing their behavior. They may weigh the pros and cons of making a change, and may start to think about the impact their behavior is having on their life and relationships.

Preparation third stage in process of change, this stage involves making a plan to change behavior. This might involve seeking out resources or support, mapping out a concrete plan, and setting goals for the change.

Action forth stage where an individual actually implements their plan and begins to make changes. This might involve actively seeking out support, making changes to their daily routine, and prioritizing the new behavior over the old.

Maintenance In this fifth stage in the process of change an individual works to maintain the new behavior over the long-term. This may mean making adjustments as needed, finding ways to keep motivation high, and actively reminding themselves of the benefits of the new behavior.

The Prochaska and Diclemente model of change has six stages that addiction professionals use to guide their interventions with clients who are experiencing addiction:

Precontemplation Stage at this stage, a client is not yet willing to consider change. An addiction professional would use motivational interviewing techniques to encourage the client to contemplate the possibility of change.

 The professional would provide information about the risks and benefits of change, and encourage the client to reflect on their own values and goals related to addiction recovery.

Contemplation Stage at this stage, a client has started to consider the possibility of change, but may not yet be committed to taking action. An addiction professional would help the client to explore their ambivalence about change, and will help them understand the costs and benefits of addiction recovery. They will also encourage the client to develop a plan for change and set achievable goals.

Preparation Stage in this stage, a client is committed to change and is preparing to take action. The addiction professional will help the client to develop a specific plan, set goals and establish concrete steps to achieve them. They may help the client identify barriers to this change and address them.

Action Stage at this stage, the client puts their plan into action, taking specific steps towards addiction recovery. The addiction professional will help the client to monitor progress and make adjustments to their plan as necessary. They will also encourage the client to seek support from friends, family, and community resources.

Maintenance Stage in this stage, the client has achieved their initial goals and is trying to maintain their recovery over the long term. The addiction professional will help the client develop strategies to deal with setbacks and manage cravings, as well as encouraging healthy habits, developing a relapse prevention plan, and participating in sober activities.

Termination Stage at this stage, the client successfully achieves their addiction recovery goals and maintains their sobriety over time. The addiction professional will continue to provide support, encouragement, and resources to the client as needed while congratulating the client on their success and advocating for the maintenance of healthy living practices.

Precontemplation Stage In this stage, the individual is not even aware of their addiction problem. The addiction professional may have to deal with the fact that the person may not be ready to accept their addiction problem, which can make it challenging to motivate them towards change.

Contemplation Stage In this stage, the individual is aware of their addiction problem and is considering making changes. However, they may be ambivalent about whether they want to change or not. The addiction professional may have to help the person resolve this ambivalence by exploring reasons for change and addressing any concerns or fears they may have about the change process.

Preparation Stage In this stage, the individual is committed to making changes and has taken some action towards change. However, they may still face challenges such as resistance to change, difficulty breaking old habits, and coping with emotions and cravings. The addiction professional may have to help the person develop strategies to cope with these challenges and provide support and interventions to help them stay motivated.

Action Stage In this stage, the individual is actively engaged in changing their behavior and making progress towards their goals. However, they may still experience relapses or setbacks, which can be demotivating. The addiction professional may have to help the person develop coping skills, provide relapse prevention strategies, and help them identify and address triggers that may lead to relapse.

Maintenance Stage In this stage, the individual has successfully changed their behavior and is working to maintain their progress. However, they may still face challenges such as stress, temptation, and social pressure to return to old habits. The addiction professional may have to help the person maintain their motivation, develop strategies to deal with challenges, and provide ongoing support and monitoring to prevent relapse.

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