

# Acces PDF Handout 1 The Change Process

## Handout 1 The Change Process

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## *1 The Change Process*

INITIATION is the first phase of the change process. In most cases, those facilitating and leading change pay close attention to launching the innovation because they recognize that how well something begins affects how it ends. Yet launching an initiative is only the beginning.

## *Phases of the change process*

*- Teaching and Learning ...*

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/ [www.liceolefilandiere](http://www.liceolefilandiere)  
The following worksheets support the client in planning, implementing, and maintaining behavioral change: The five A model The five A framework was created to help smoking cessation but has since been successful in the management of other negative health

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habits (e.g., excessive drinking, lack of exercise, and substance abuse).

*The 6 Stages of Change:  
Worksheets For Helping Your  
Clients*

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ad. The stages of change (precontemplation, contemplation, preparation, action, maintenance, and

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relapse) depict the typical course of recovery when dealing with addictions, but they can be used with any difficult change. When clients learn about the stages of change, they can come to understand that ending drug use is a process.

## *Stages of Change (Worksheet) | Therapist Aid*

In Project 1, you will be reviewing the process called the scientific method. You will make observations, run an experiment, practice collecting data, and draw conclusions. Use the lab handout to complete each project task.

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*project 1.pdf - Project 1  
Scientific Method Lab  
Handout ...*

Achieve Lasting Change  
Handout #14, Page 1 of 2  
Below are the stages of  
change in addition to  
questions that you can ask  
individuals to assist you in  
determining at what stage  
individuals might be in the  
change process. In addition,  
following the questions, are  
action steps that might  
prove useful in engaging

*Stages of Change: Questions  
to Ask and Actions to  
Consider*

True for statements 3 and 4,  
false for statements 1 and 2

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= Preparation True for statement 2, false for statement 1 = Action True for statement 1 =

Maintenance Part II.

Strategies for Change To help you move forward in the cycle of change, try the techniques and strategies listed below for your stage.

## *Stages of Change*

The Stages of Change. 1)

PRECONTEMPLATION STAGE "It isn't that we cannot see the solution. It's that we cannot see the problem."

Precontemplators usually show up in therapy because of pressures from others... spouses, employers, parents, and courts... Resist change.

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When their problem comes up, they change the topic of conversation.

## *The Stages of Change - SMART Recovery*

Change Process Worksheet 1.

List the attitude and/or habit you really want to change: 2. What is the positive opposite of this attitude and/or habit? (e.g. impatient - patient, disorganized - organized).

3. How did you develop the attitude in the first place? What events happened in your life? What things were said to you? 4.

*Inspiration Press Change Process Worksheet*

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an agent of change, helping other members, being supportive, and providing feedback to others. Exhibit appropriate behaviors in groups. (1) Take turns speaking and do not talk over one another; (2) respect the rights of others to express their opinions; (3) cell phones must be turned off during

*THERAPIST HANDOUT 5.1  
Objectives, Procedures,  
Client ...*

Change management is unique to every organization, so there is no one-size-fits-all approach. But using the following change management tools and techniques in

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developing an approach that closely accounts for the needs of your organization will ensure a successful transition.. Try WalkMe's step-by-step guidance platform to make change management smooth and simple.

*5 Change Management Tools and Techniques to Master Now*  
Page one outlines the 4-stage process of how anxiety develops, and how to replace it; Page 2 provides a worksheet to guide the change process. Replacing the "Should's" (1 p.)  
Identifies a protocol for replacing Thought Distortion #8, Should Statements.

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"Blame Pie" - Replacing Blame or Self-Blame (1 p.)

*Handouts on CBT - Counseling Library*

4. Flowcharting or process mapping. Flowcharting, or process mapping, is a simple and effective way to understand what is changing. Flowcharts help people walk through a process one step at a time. You map the current state against the proposed state.

*Change Management Tools and Techniques: The Complete List*

A brief summary of the characteristics of the stages of change. 1.

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Precontemplation - unable to see the problem - person wants to change the people around them - person doesn't want to change themselves 2. Contemplation - person acknowledges the problem - considerations made to solving the problem - struggles toward understanding the problem

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