



Module 9

From Action to Maintenance— Stabilizing Change



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
www.samhsa.gov

Competing Reinforcer



Any source of satisfaction for the client
that can become an alternative
to drugs or alcohol

Contingency Reinforcers



Rewards provided to clients when they demonstrate a desired behavior, such as abstinence



Recurrence

The clinician's job is to help the client not get stuck at this point but to move the client back into preparation and action.

After Recurrence the Clinician Can...



- Ask clients for their perceptions and reactions to resumed substance use
- Review with clients their change plans and evaluate what worked and what didn't work
- Elicit from clients self-motivational reasons for change, the reasons to get back on track

After Recurrence the Clinician Can...



- Explore what can be learned from the experience; conduct a functional analysis
- Normalize the experience of resumed substance use as a common and temporary part of the cycle of recovery
- Assess clients' current stage of readiness for change

After Recurrence the Clinician Can...



- Encourage the client to talk about the advantages of abstinence
- Use plenty of reflective listening, not just a string of questions
- Explore the client's values, hopes, purpose, and goals in life

After Recurrence the Clinician Can...



- Reframe the client's "failure" as a partial success, emphasizing what the client *did* accomplish and learn
- Ask a key question—what does the client want to do now—and move on toward a plan for renewed change