

LEARNING OBJECTIVES * CHOICES AND CHANGES

By the end of this seminar, the learner will be able to do the following:

- 1) Identify contextual clinical variables for promoting behavior change, including support, collaboration, and resource identification
- 2) Be familiar with and able to give examples of the three types of behavior change
- 3) Assess a patient's stage of change, and be able to demonstrate strategies for moving the patient from one stage to another
- 4) Assess a patient's levels of conviction and confidence, and be able to demonstrate strategies for increasing or enhancing each
- 5) Know how to conduct a functional analysis of a problem behavior
- 6) Demonstrate behavior modification strategies to strengthen existing behaviors, develop new behaviors, and extinguish undesirable behaviors
- 7) List and give examples of basic techniques to promote behavior change
- 8) Apply a solution-oriented approach to behavior change
- 9) Be able to define and give examples of strategies that exemplify "rolling with resistance"

REFERENCES

- 1) Prochaska JO, Norcross JC, DiClemente CC. Changing for good. Avon Books: New York, 1994.
- 2) Miller WR, Rollnick S. Motivational interviewing: Preparing people to change addictive behavior. Guilford Press: New York, 1991.
- 3) Drummond DC, Tiffany ST, Glautier S, Remington B (eds). Addictive behavior: Cue exposure, theory and practice. Wiley: New York, 1995.