



Continuing Education Seminar

Overview of the Transtheoretical Model & Stages and Process of Change: Recovery from Substance Use & Mental Illness

Thursday, March 16, 2023 ■ 8:45 am – 4:15 pm (6-hours)

Check-in & Continental Breakfast: 8:15-8:45 am

This seminar will explore several current challenges to supporting and promoting recovery-oriented change with individuals experiencing mental health and/or substance use disorders, and how these challenges for change are similar and different when working with mental health and substance-using clients. This involves better understanding important tasks of the stages and process of change as well as developing an understanding of disorders beyond DSM-5 symptoms, and how to adapt treatment to the stages and process of change. The course will also emphasize the client contribution to recovery; the difference between change-generating, behavior specific mechanisms described by the Transtheoretical Model, and change-regulating self-control mechanisms. The training will explore how prevention and treatment are connected to the initiation and maintenance of behavior change and how relapse and recycling is often an integral part of successful change.

At the conclusion, attendees should be able to:

- Describe the key tasks of each of the stages of change and how they function in all behavior changes, particularly recovery from addiction and mental illness
- Name and discuss the three critical mechanisms contributing to the well maintained serious substance use disorders: Neuroadaptation, impaired self-regulation and salience or narrowing of the behavioral repertoire
- Explain differences between early and later stages of change, as well as experiential and behavioral processes of change
- Identify ways to adapt treatment to stages and process of change
- Describe the difference between change-generating processes of change and change-regulating, self-regulation mechanisms
- Identify strategies that providers can use with clients to help them move through their process of change.

Featuring:

Carlo DiClemente, PhD, is professor emeritus in the Department of Psychology and director of several training centers at the University of Maryland, Baltimore County. He co-developed the Transtheoretical Model of Behavior Change, and has authored more than 150 scientific publications on motivation and behavior change with a variety of health and addictive behaviors. In 2018, he published the second edition, *Addiction and Change: How Addictions Develop and Addicted People Recover*. He has co-authored several other books and mentored a multitude of masters and doctoral students.

Beaver Creek Country Club
9535 Mapleville Rd
Hagerstown, MD 21740

Continuing Education Credits

Maryland Social Workers: Brook Lane is authorized by the Board of Social Work in Maryland to sponsor social work continuing education learning activities and maintains full responsibility for this Program. This training qualifies for Category 1 continuing education units and provides 6.0 credit hours; partial credit will not be awarded.

Maryland Psychologists: The Maryland State Board of Examiners for Psychologists will accept continuing education hours provided by Brook Lane, an approved CE sponsor by the State Board of Social Worker Examiners in Maryland; partial credit will not be awarded.

Counselors/Therapists: Brook Lane has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5452. Programs that do not qualify for NBCC credit are clearly identified. Brook Lane is solely responsible for all aspects of the program. This program will provide 6 clock hours; partial credit will not be awarded.



Other Professionals: A certificate of completion noting the number of educational/contact hours will be provided.

This program is funded in part by the William B. and Sylvia A. Hunsberger Fund

Registration Information

Seminar Fee: \$119.00
(includes breakfast, lunch and 6 CEUs)

To Register: See reverse side

Questions: curt.miller@brooklane.org
301-733-0331 x1228



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Date: **Thursday, March 16, 2023**

Location: **Beaver Creek Country Club, 9535 Mapleville Rd, Hagerstown, MD 21740**

Time: **Check-in: 8:15 am-8:45 am ■ Training: 8:45 am - 4:15 pm (6 CEUs)**

Fee: **\$119.00 per person**

Please Print Clearly

First Name: _____ Last Name: _____

Email (*required for registration): _____

Address: _____

City: _____ State: _____ Zip: _____

Contact Phone #: _____

Discipline: Social Worker Counselor Psychologist _____

Payment Information: (Checks should be made payable to Brook Lane)

Payment Method: Check #: _____ Credit Card: MasterCard Visa Discover

Cardholder Name: _____

Cardholder Address (if different than above): _____

Account No: _____ Expiration Date: _____

Cardholder Signature: _____ CVV Code: _____

To Register:

Visit **www.brooklane.org** and search for the seminar under ***Upcoming Events***

OR

Complete this form and mail with payment to
Attn: Curt Miller
Brook Lane
13121 Brook Lane
Hagerstown, MD 21742

Cancellation Policy:

To receive a refund, cancellations must be received in writing no later than one week prior to the seminar (5:00 pm on Thursday, March 9, 2023.) No refunds will be made after that date or for no-shows on the day of the seminar. A \$10.00 processing fee applies to all cancellations.

Questions?

Contact Curt Miller, Community Relations and Education Manager at curt.miller@brooklane.org or 301-733-0331 x1228.