Active Stage Tx. Overview

Assessment and Tx. Planning purpose is to:
Identify triggers (WRAP, Action/Relapse Prevention Plan)
ID coping skills the person has/needs (WRAP, Action/Relapse Prevention Plan)
Explore the person’s views on how to recover (Tx. Plan, Longitudinal Assessment)
Explore particular instances to look for answers (Contextual Assessment)

Remember that a person can be in the active stage but may be ambivalent about any given step to maintain recovery.

Interventions:
After identifying triggers and coping skills, then work on putting these things into practice.

Interpersonal aspects: Starting conversations, Making requests, Disagreeing, Making/Taking compliments and criticism, Seeking support, Drink/drug refusal

Leisure: Identifying and trying pleasurable activities, Establishing regular meaningful activity (work, volunteering, hobbies)

Stress: Relaxation, Managing Cravings, Coping with stressors

Building Internal Capacity: Cognitive-Behavioral Interventions

Getting buy-in: It’s important that the person you’re working with understand the relationship between thoughts/behaviors/emotions and have some level of belief in the idea of working on thoughts/behaviors to influence emotions.

Examining thoughts/beliefs: Using some method (e.g., thought record) to examine particular situations and how the person interprets those situations. (Can also start with mood and then get details about the situation...) The main objective is not to revise thoughts about every potentially troublesome situation but to teach the skill of examining what thoughts/beliefs and whether those thoughts/beliefs are useful or an impediment (give a man a fish/teach a man to fish...)

Put it into practice: Mastery experiences (building self-efficacy) need to be very deliberate, planned ahead. One step at a time, How to define success, Reward self for success, Develop next step