

# IDDT – In which phase of the process of change is the patient at the time?

ENGAGEMENT	MOTIVATION	ACTIVE TREATMENT	RELAPSE PREVENTION
<b>GOAL: Developing a working alliance</b>	<b>GOAL: Motivation / starting to make a change</b>	<b>GOAL: Making the desired change</b>	<b>GOAL: Stabilizing and preventing relapse</b>
SIGNS	SIGNS	SIGNS	REMEMBER
<ul style="list-style-type: none"> <li>I don't have a problem</li> <li>This information is not relevant for me</li> <li>There is no need for change</li> <li>The pros are larger than the cons</li> <li>Others believe I have a problem, I don't</li> <li>Behavioral change can appear when there is an external pressure, but the change is unstable and likely to reverse when the external pressure ceases to exist</li> </ul>	<ul style="list-style-type: none"> <li>Experiences negative consequences, but is not certain how big the problem actually is</li> <li>Ambivalence – the current situation has both positive and negative consequences</li> <li>Considering change, but is not certain</li> <li>Shifting in behavior and motivation</li> <li>Determination to go through with the change in the near future</li> <li>Making plans, such as setting a date for when to start</li> <li>Making small attempts to change</li> <li>Having beliefs and expectations about life after the change</li> </ul>	<p>A positive and optimistic phase</p> <ul style="list-style-type: none"> <li>The change becomes visible for others</li> <li>Reducing undesirable behavior</li> <li>Significant effort by the patient – a change of behavior, thinking and environment occurs</li> <li>Actively using coping strategies</li> </ul>	<ul style="list-style-type: none"> <li>All change is difficult – for everyone</li> <li>Starting to change does not equal permanent change</li> <li>Relapse is frequent. Try, and try again. Get back up on your feet!</li> </ul>
TOOLS	METHODS	METHODS	FOCUS
<ul style="list-style-type: none"> <li>Assistance and support in practical everyday tasks</li> <li>Offer something the person needs here and now</li> <li>Expect to be tested to see if you have what it takes / are up to the job</li> </ul>	<ul style="list-style-type: none"> <li>Motivational Interviewing</li> <li>The Payoff Matrix</li> <li>Emphasize the freedom to choose</li> <li>Develop new coping strategies</li> </ul>	<ul style="list-style-type: none"> <li>Stimulus control</li> <li>Replacement of behavior</li> <li>Positive enhancement</li> <li>Planning for possible relapse</li> <li>Active use of previous experiences</li> </ul>	<ul style="list-style-type: none"> <li>Making the change more robust</li> <li>Working on motivation to keep it strong</li> <li>Preventing relapse – identifying triggers</li> <li>Learning from the relapses – revise the plans</li> <li>Making changes in ways of life</li> </ul>
MECANISMS / PSYCHOLOGICAL DEFENSE	TRAPS	TRAPS	COMMON CAUSES FOR RELAPSE
<ul style="list-style-type: none"> <li>Denial / Hesitation</li> <li>Rationalization / Justification</li> <li>Projection / Protest</li> <li>Introjection / Tiredness and despair</li> </ul>	<ul style="list-style-type: none"> <li>Waiting for the magical moment</li> <li>Seeking 100% certainty</li> <li>Wishful thinking</li> <li>Searching for an impossible compromise</li> <li>Acting too early</li> <li>Giving advice / helping the patient making good choices</li> </ul>	<ul style="list-style-type: none"> <li>Poor planning and preparation</li> <li>Few coping strategies – sticking with one strategy only</li> <li>Little investment in change</li> <li>I do as I have always done, although it was not successful</li> </ul>	<ul style="list-style-type: none"> <li>Social pressure</li> <li>Determination to change challenged by oneself</li> <li>Triggers or demanding situations become too challenging</li> </ul>