



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

DATE: May 7, 2012

TITLE: Planning for Change

COMPONENT: Community Rehab & Support (CRS)

SERVICE: Individual Recovery Planning (IRCP)

POPULATION: Any PROSper member

FREQUENCY: 1x/week

DURATION: 50 Minutes

DESCRIPTION: A didactic and interactive group where members learn about the Stages of Change and its three important elements: Readiness to Change, Barriers to Change, and Expecting Relapse and explore their own personal readiness, barriers, and relapse issues through role play and psychodrama techniques. Members will explore the common myths and pitfalls related to goals and success and look back on previous 'plans for change' to identify what they overlooked and did not plan for. They will explore how they would like their lives to be different and use the group to conduct a change 'autopsy' that examines how each aspect of their life maybe affected by the change they hope to accomplish in treatment and strategies to cope with and plan for these changes.

MODE OF WORK:

- A. **PURPOSE:** To educate members on the stages of change and its elements and how to create coping strategies and plans for change. The group will help clients identify where previous attempts at change went awry and any barriers to personal goals and their readiness to change.
- B. **GROUP FRAMEWORK:** Emphasis will be placed equally on education on the stages of change, goal planning/problem solving, reflection, and experiential role-play/psychodrama to identify readiness to change as well as barriers to changing, relapse-related issues, and overlooked opportunities to plan for change.

EXPECTED OUTCOME: Group members will develop an increased awareness of the stages of change as it applies to their personal path of recovery and use this to assess their readiness to plan thoroughly for change. Clients will be able to plan for change more effectively and identify barriers to personal recovery goals, thus enabling them to better achieve personal success in goal attainment.