



Supporting the Challenging Client in Recovery

HOPE CONSORTIUM CONFERENCE

TUESDAY AUGUST 27TH, 2019

LORIE A. GOESER- CONSULTANT – ROSENWEG SERVICES LLC

Objectives:

- ▶ Identify two strategies to assist in engagement of the challenging client
- ▶ Learn and practice two self-care techniques to use in the work setting
- ▶ Learn how to use the treatment plan as a tool with the challenging client

Recovery

- ▶ **Recovery is defined** as: “A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. (SAMHSA 2014)

Focus on Strengths

- ▶ Improve Health
- ▶ Improve Wellness
- ▶ Self- directed
- ▶ Full potential
- ▶ Use of language

Challenging Client & Resistance

- ▶ Myth of treatment readiness is that some clients are “resistant” to treatment
- ▶ What if the clients don't create the resistance ?
- ▶ But the counselors do?
- ▶ Both have agendas
- ▶ One is abstinence and the other may be to stay out of jail

(Solutions for the
“Treatment Resistant” Addicted Client, Roes, Nicholas 2002)

Therapeutic Rapport

▶ "Engagement is the process of establishing a mutually collaborative, trusting, and respectful helping relationship."

▶ (Miller & Rollnick; "Motivational Interviewing" text, Third Edition)

Treatment Plan as a Road Map

- ▶ Mutually collaborative
- ▶ Trusting
- ▶ Respectful
- ▶ Client's language
- ▶ Culturally Responsive
- ▶ Trauma Responsive
- ▶ Supportive- Change- takes time

Change is a Process

- ▶ Stages of Change
- ▶ Instillation of hope
- ▶ Being heard
- ▶ Support
- ▶ Energy Field
- ▶ Guidance on basic skill teaching

Stages of Change:

- ▶ Precontemplation
- ▶ Contemplation
- ▶ Preparation
- ▶ Action
- ▶ Maintenance

(Addiction & Change, DiClemente 2003)

Goals of Initial Contact

- ▶ Make a connect
- ▶ Mutual goal
- ▶ Start a roadmap
- ▶ Instillation of hope
- ▶ Feel heard and validated
- ▶ Basic expectations and structure are set

Initial Session

- ▶ **Precontemplation Stage:** The state in which there is little or no consideration of change of the current pattern of behavior in the foreseeable future.
- ▶ **Tasks:** Increase awareness of need for change; increase concern about the current pattern of behavior; envision possibility of change.
- ▶ **Goal:** Serious consideration of change for this behavior

(Addiction and Change, DiClemente 2003 p. 27)

Strategies:

- ▶ Client participation
- ▶ Difference with a client whom is really changing vs. complying
- ▶ Not engaged until they invite you to help them change
- ▶ Connecting gets you that invitation

Metaphor

- ▶ When clients are in the **precontemplative** stage of change, the therapist has not been invited into their house.
- ▶ They have thick doors and locks
- ▶ Can break down the doors and locks- then in no mood for interior decorating or even entertaining ideas on how that should be done
- ▶ Mostly thinking about how to get you out
- ▶ If they move things around, once you leave will put them back the way there were (Miller, Hubble,& Duncan 1997 p. 92)

Strategies:

- ▶ Prior to appointment client input
- ▶ Complementing the client
- ▶ Asking for their ideas
- ▶ What do they hope for ? Envision?
- ▶ Their involvement, writing the treatment plan, progress notes
- ▶ Respect
- ▶ Use of Language
- ▶ Common Ground

Open ended Questions:

- ▶ Dreams and hopes
- ▶ What
- ▶ Where
- ▶ How
- ▶ Why
- ▶ Whom
- ▶ When
- ▶ Sincere
- ▶ Energy field

Personal Style and Strengths

- ▶ Bringing forward your best self
- ▶ Addressing the obvious
- ▶ Being consistent, in tasks, structure, build trust
- ▶ Have the hard conversation in a respectful way
- ▶ Road map is theirs not yours
- ▶ Time is fluid

Keep It Simple

- ▶ Basics to start with
- ▶ Today
- ▶ Tomorrow
- ▶ Next Appointment
- ▶ Success in task completion
- ▶ Identify the strengths
- ▶ Help to engage them to do this
- ▶ Gratitude

Keep it Simple

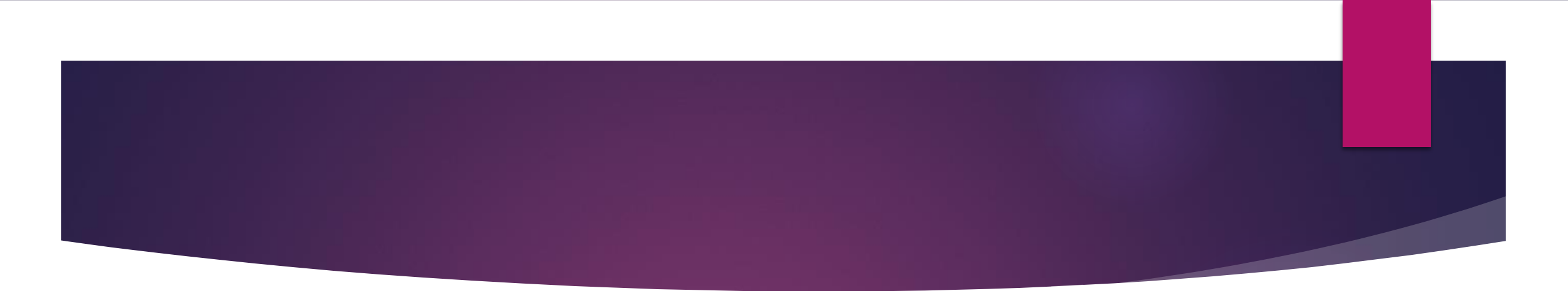
- ▶ Role modeling
- ▶ They are watching, absorbing, and learning
- ▶ Atmosphere that is created to support change
- ▶ Lapses and ups and downs

Professional Responsibility

- ▶ Keep learning
- ▶ Take care of yourself
- ▶ Are you able to identify your own strengths, goals, challenges and barriers?
- ▶ Talk is common, action is golden!
- ▶ Daily rituals to support self care

Tidbits

- ▶ Basic kindness
- ▶ Respect each others' humanity
- ▶ What type of agent of change do you want to be today?

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- ▶ Life is a journey of challenges with bumps, bruises, smiles, pain, joy and a whole range of personalities along the way!
 - ▶ What type of roadmap do you wish for?

Self Care Techniques

- ▶ Breathing
- ▶ Humor – word association
- ▶ Stretching
- ▶ Music
- ▶ Scents or Aromas

Thank you !

- ▶ Inspiring to be asked to be part of your learning process!
- ▶ A gift to be asked to be a part of someone's journey!
- ▶ Contact information:
 - ▶ Lorie A. Goeser- Rosenweg Services LLC
 - ▶ director@rosenwegservices.com
 - ▶ <https://rosenwegservices.com/>