

When Worlds Collide: The Journey of Recovery from Substance Abuse and the Courts

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Abstract:

Sustained recovery from addictions requires motivation, skills, determination and a journey through a process of intentional behavior change. This journey takes time and effort, requires self control, and is complicated by the presence of multiple problems. Judicial systems are being asked to intervene with the consequences of substance as well as the substance abusing behavior itself. This presentation will address the process of intentional behavior change and how it interacts with legal and mandated treatment systems and consequences. The tasks of this intentional process of change will be outlined and described along with approaches to stimulate and support the adequate completion of these tasks. Motivation and readiness to change, interactions between intrinsic and extrinsic motivation, and the role of consequences on the process of recovery will be discussed. Integrating motivational and process of change perspectives into interventions using the influence and power of the legal system to reduce harm and to promote substantive and sustained recovery can improve outcomes and promote lasting change. There are barriers to this integration. Innovations needed to create an integrated, effective, consumer oriented system of care will be discussed.

Objectives:

Participants will be expected to

1. describe the various tasks associated with the five stages of change
2. describe how intrinsic and extrinsic motivation affects intentional change
3. name at least two experiential and two behavioral processes of change
4. identify at least one or two treatment strategies that could be used to engage these specific processes of change
5. understand how contextual problems complicate change

## Presenter Information

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Carlo DiClemente received his MA in Psychology at the New School for Social Research and his Doctorate in Psychology at the University of Rhode Island.

Dr. DiClemente is the co-developer of the Transtheoretical Model of behavior change with Dr. James Prochaska. Dr. DiClemente is the author of numerous scientific articles and book chapters on motivation and behavior change and the application of this model to a variety of problem behaviors. Dr. DiClemente is a co-author of a self-help book based on this model, *Changing for Good* and several professional books, *The Transtheoretical Model*, *Substance Abuse Treatment and the Stages of Change*, and *Group Treatment for Substance Abuse: A Stages of Change Therapy Manual*. His most recent book, *Addiction and Change: How Addictions Develop and Addicted People Recover* was published by Guilford Press in 2003 and came out in paperback in 2006. His current projects involve smoking prevention and cessation, brief interventions for problem drinking in medical settings, adolescent and adult dietary change and health risk reduction, and addiction prevention and treatment.

For the past 25 years he has conducted funded research in health and addictive behaviors. He has directed an outpatient alcoholism treatment program and serves as a consultant to private and public treatment and prevention programs. For his contribution to addiction treatment and research he was given the Innovators Combating Substance Abuse award by the Robert Wood Johnson Foundation in 2003 and the John P. McGovern Award from the American Society on Addiction Medicine (ASAM) in 2006. He has served as president of the APA Division on Addictions (50) was recently named a Fellow of the American Psychological Association.