

The image shows a spiral-bound notebook with a light-colored, textured cover. The spiral binding is on the left side. The text is centered on the cover.

Behavior Modification

”One Step at a Time”

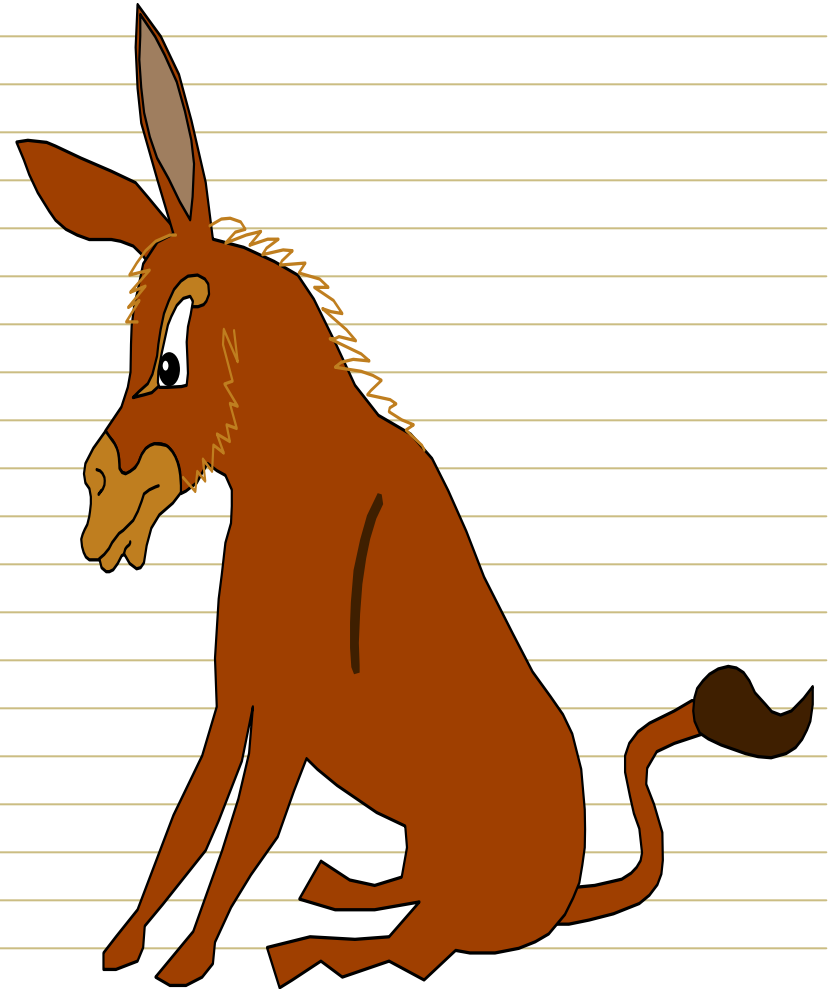
Presented by:
Natalie Lampkin, LMHC

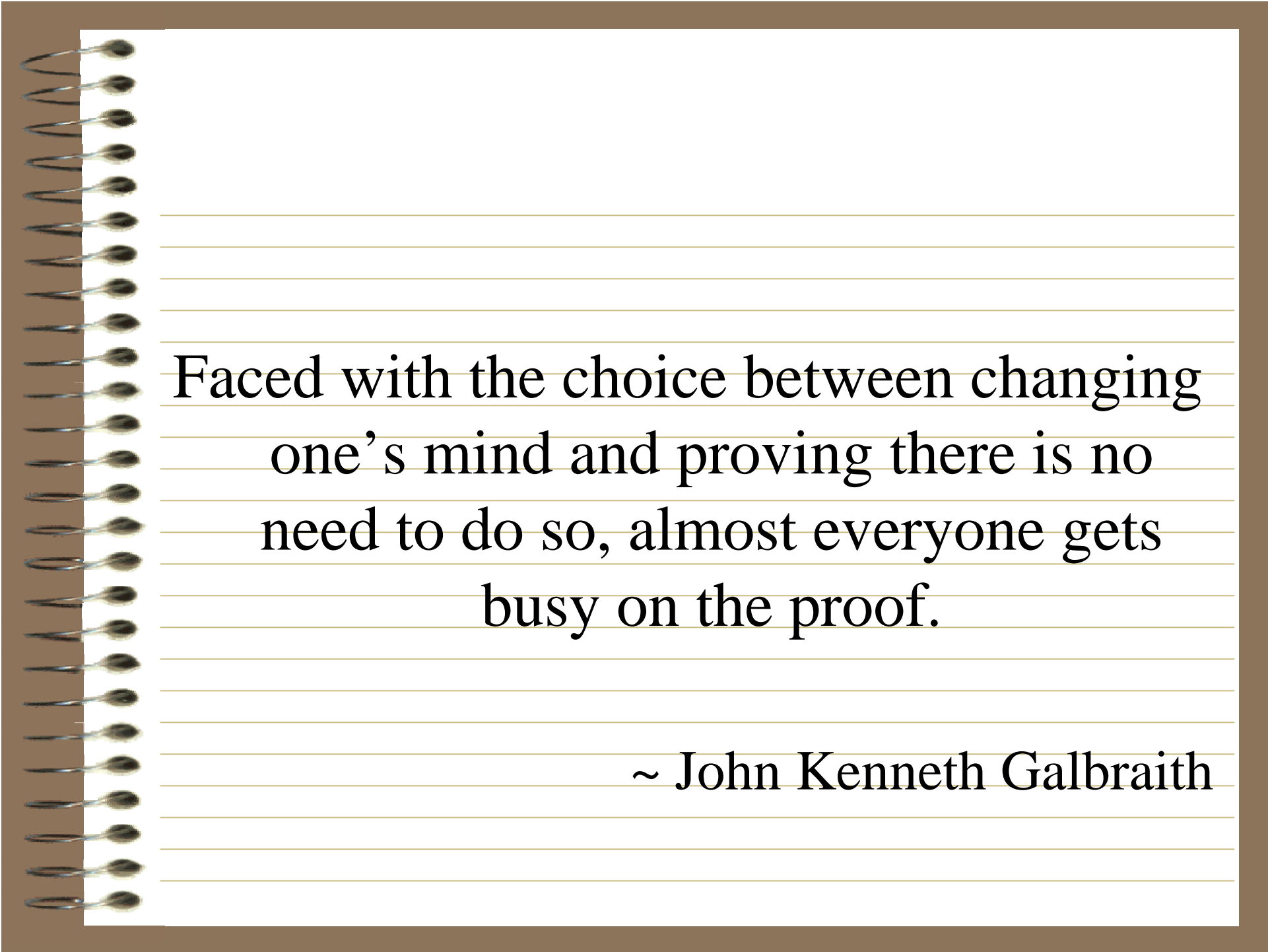
What is Behavior Modification?

- The goal is to alter or change a negative behavior pattern in order to minimize self-defeating trends and heighten positive behaviors that increase productivity and self-satisfaction.

Change...

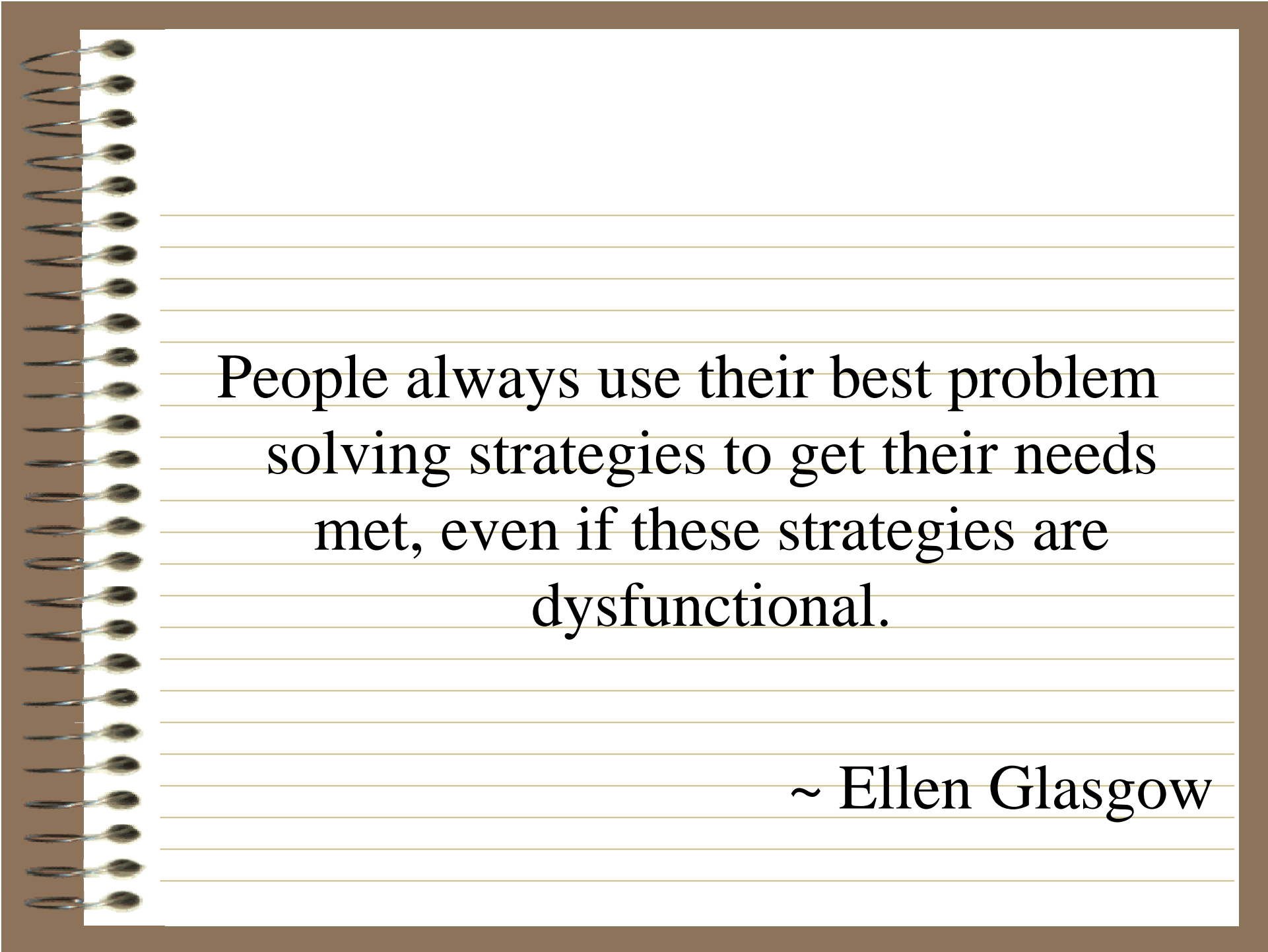
“It don't come easy!”



A graphic of a spiral-bound notebook with a brown cover and a white page. The page is ruled with horizontal lines. A silver spiral binding is visible on the left side. The text is centered on the page.


Faced with the choice between changing
one's mind and proving there is no
need to do so, almost everyone gets
busy on the proof.

~ John Kenneth Galbraith

A graphic of a spiral-bound notebook with a brown cover and a white page. The page is ruled with horizontal lines. A silver spiral binding is visible on the left side. The text is centered on the page.

People always use their best problem solving strategies to get their needs met, even if these strategies are dysfunctional.

~ Ellen Glasgow



Grant me the serenity to accept the
people I cannot change, the courage to
change the one I can, and the wisdom
to know it's me.

~ Author Unknown

Motivation and Change

Motivation

- the state of readiness or eagerness to change
- is affected by behavior, time, and situation
- comes from the client/consumer
- the provider helps examine and resolve ambivalence

Misconceptions About Change

- The client/consumer wants to change.
- Health is the main motivating factor for the client/consumer.
- If the client/consumer does not want to change or does not change, the provider has failed.

Misconceptions About Change (cont.)

- The client/consumer is either motivated to change or not.
- The provider must convince to client/consumer to change now-it is the best time.
- The provider is the expert.

What Factors Affect Change?

- Inadequate social supports
- Health problems
- Mental health problems
- Fear/Anxiety

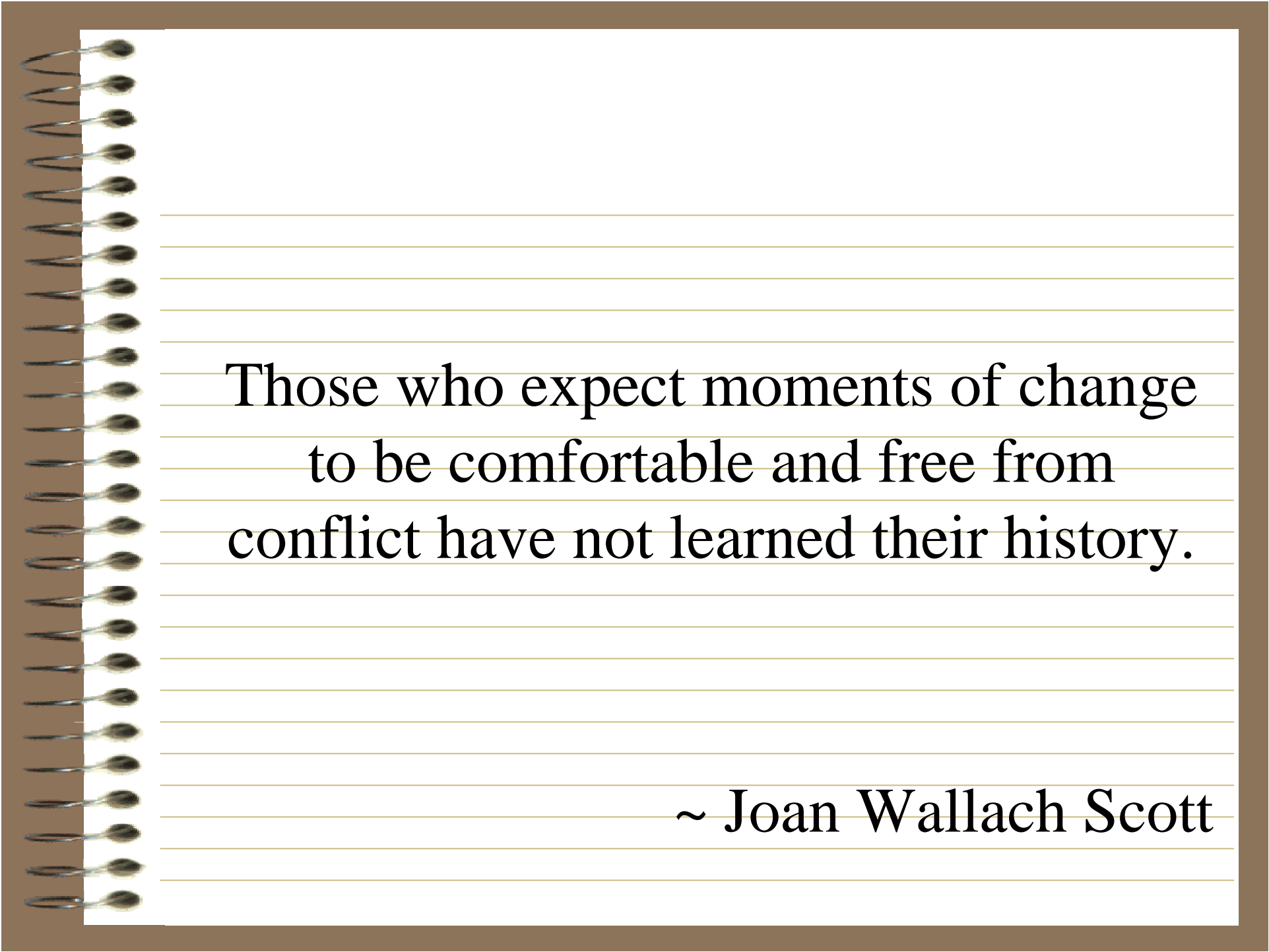
What Factors Affect Change? (cont.)

- Low energy/motivation

- Low self-esteem

(not worthy of the results of positive change)

- Lack of resources

A graphic of a spiral-bound notebook with a brown cover and a white page. The page is ruled with horizontal lines. A silver spiral binding is visible on the left side. The text is centered on the page.

Those who expect moments of change
to be comfortable and free from
conflict have not learned their history.

~ Joan Wallach Scott

Effective Approaches to Change

Stages of Change

– Precontemplation

– Contemplation

– Preparation

Effective Approaches to Change (cont.)

Stages of Change

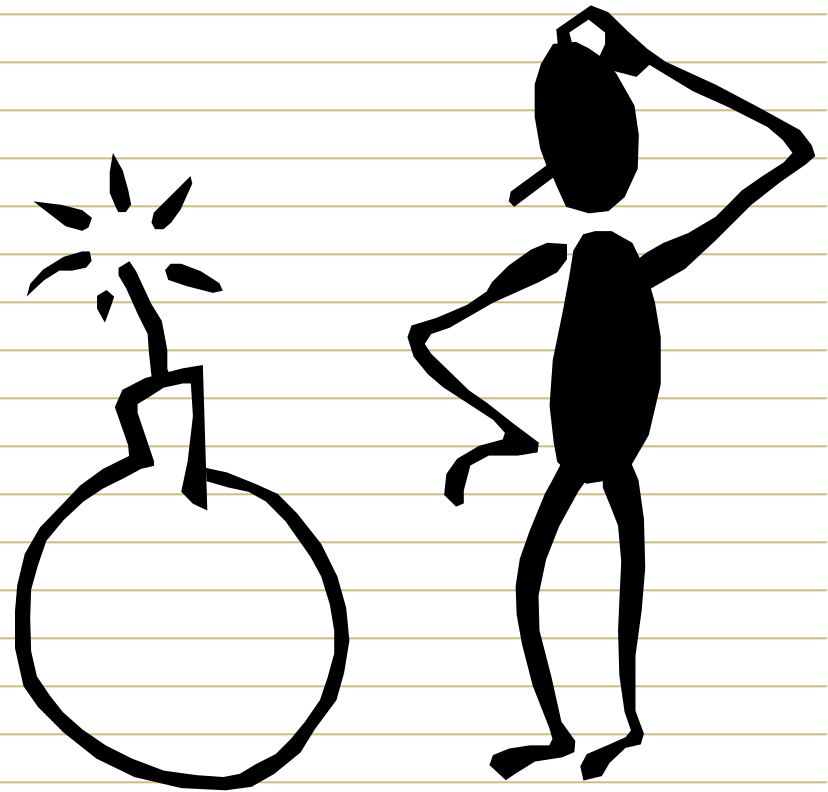
– Action

– Maintenance

– Relapse

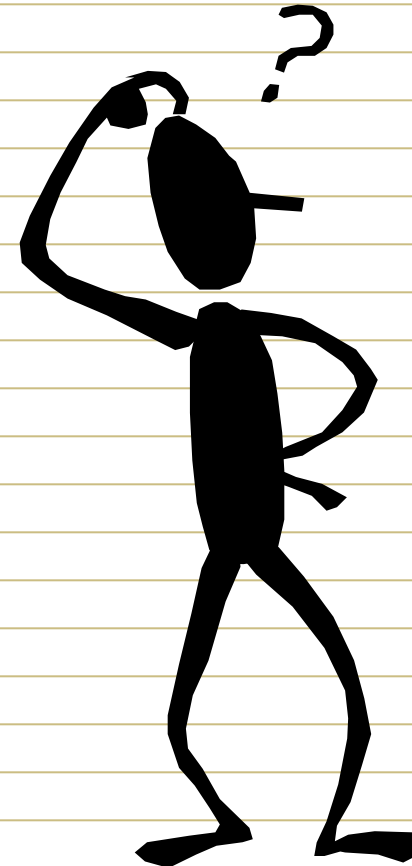
Pre-contemplation

- Has not considered the prospect of change
- Unlikely to perceive the need for change
- Someone else usually sees there is a problem



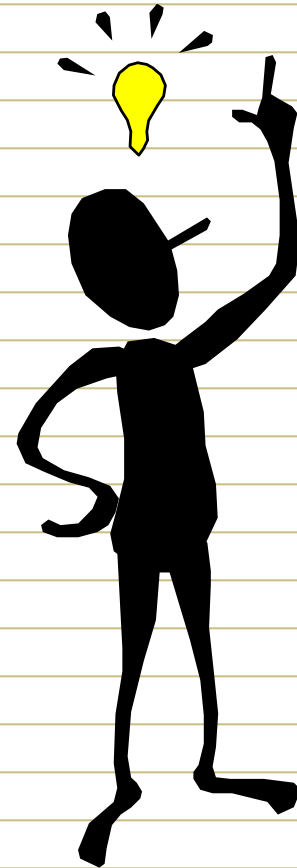
Contemplation

- Ambivalent- aware of the problem but not ready to change
- Considers change and rejects it
- Weighs pros and cons



Preparation

- Ready to change and take action
- Sets realistic goals and makes specific plans



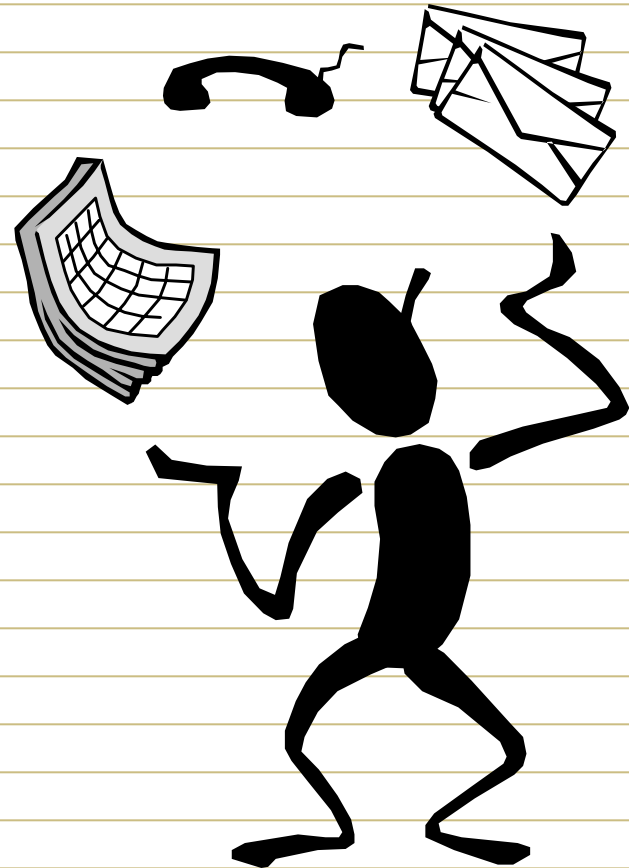
Action

- Engages in actions intended to bring about positive change
- Clear commitment
- Changes all behaviors and addresses the problem



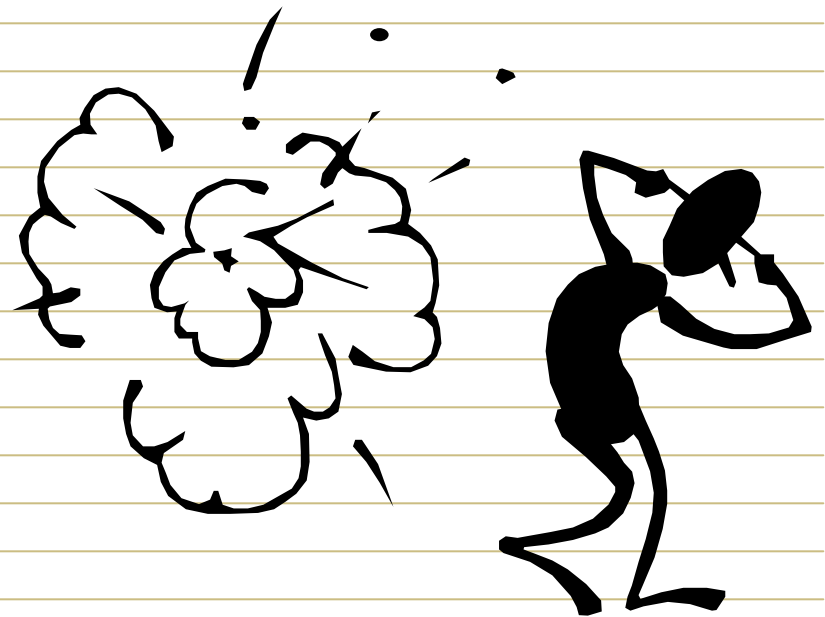
Maintenance

- Identify and implement strategies to maintain progress
- Stabilizes changes and engages in new behaviors
- Relies on support system



Relapse

- Temporary loss of motivation
- Relapse happens!
View as a learning opportunity



Effective Approaches to Change: Practical Implications

Engage and motivate individuals.

- Build alliances
- Reduce negativity
- Define the problem and focus on solutions

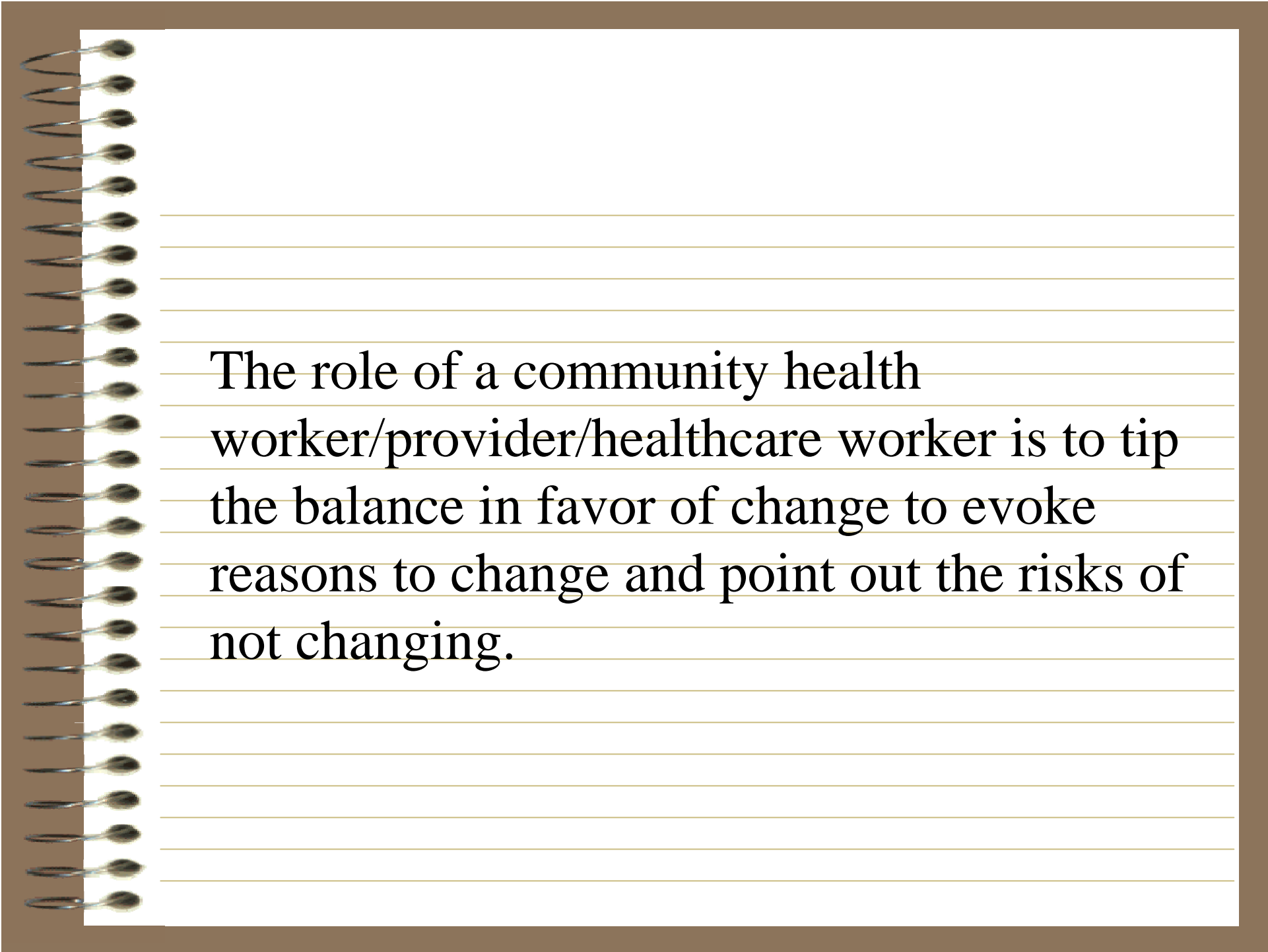


Food for Thought

- Rather than seeing individuals as either having motivation or not, see individuals on a continuum of change.
- Instead of trying to “fix it” or figure out what to do, try to understand all of the issues individuals face that perpetuate the problem behavior.

Food for Thought (cont.)

- Individuals tend to move through stages in their ability to address problems and make the changes they would like.
- Behavior change is specific and individualized and occurs in steps.
- All behavior occupies a fundamental place in an individual's life.

A graphic of a spiral-bound notebook with a brown cover and a white page. The page is ruled with horizontal lines. A silver spiral binding is visible on the left side. The text is centered on the page.

The role of a community health worker/provider/healthcare worker is to tip the balance in favor of change to evoke reasons to change and point out the risks of not changing.

A spiral-bound notebook with a light beige, textured cover and a dark brown border. The spiral binding is on the left side.

Compassion Fatigue

“Nurturing the Nurturer”

What is Compassion Fatigue?

- The physical, emotional, and spiritual fatigue or exhaustion that takes over a person and causes the inability to experience joy or to feel and care for others.
- The “cost of caring.”

Compassion Fatigue vs. Burnout

Compassion Fatigue

- Results from a reaction to difficulties that others face.

Burnout

- Results from dealing with the difficulties you face in your own life.

Signs of Compassion Fatigue

- Exhaustion
- Lack of energy
- Short attention span
- Feelings of anger or depression
- Sleep disturbance
- Somatic complaints
- Forgetfulness



What Makes Helpers Vulnerable?



- Helpers deal with people under acute stress who have lost their own ability to cope.
- Helpers perform many duties, but the essential product they deliver is themselves.

What Makes Helpers Vulnerable?

- Human need is ongoing and helpers feel they can always give a little more.
- Helpers may have unresolved issues similar to clients issues.
- Helpers fill multiple roles that can be conflicting.

How to Decrease Vulnerability

- Monitor your reactions to work situations
- Discuss feelings with your supervisor, coordinator and/or co-workers
- Set realistic goals, limits, and boundaries

How to Decrease Vulnerability

- Give yourself permission for alone time
(recreation means re-create)
- Laugh a lot
- Find balance- set priorities
- Take care of your body

How to Decrease Vulnerability

- Develop your own spiritual side, however you define it
- Develop and maintain supportive networks

Prevention Strategies

- Pay attention to your feelings- recognize there is a problem or potential problem
- Make sure there is a portion of your life in which you take rather than give
- Avoid isolation

Prevention Strategies (cont.)

- Change your circumstances
- Stop over-nurturing
- Learn to say “no”
- Reassess your values

Compassion Satisfaction

Motivation to help is shaped in part by the satisfaction derived from the work of helping others.

~ Stamm, B.H. (1995, 2002)