

Transtheoretical Model of Change: Sean Case

In health psychology, the transtheoretical model helps to assess a person's willingness to adopt new behavior which is healthier (Battaglia, 2009). This model provides process and strategies of change to help a client on the various change stages to adapt the needed behavior and to maintain positive behavior. The treatment programs and methods for substance abuse have in the pasts used negative approaches which focus on an individual's failures and non accomplice. The transtheoretical model of change focuses on the client's readiness to change. Sean for this scenario is a husband who knows the value of supporting the family in all perspectives but his addiction to alcohol is what a hindrance is. He knows that he has changed but because of his relapse to alcohol frustrate the whole process of change.

The position that Sean is is not the pre-contemplation stage, where he was unaware, unwilling and uninterested to change. He is now on the contemplation state where he is thinking of his change. Sean should be understood by his wife that any person who needs to recover from alcohol addition finds the difficulty of going from one stage to another without any challenge. Sean should be seen as that person who faces relapse and goes thorough the stages severally before finally recovering from the alcohol addiction (Battaglia, 2009).The inability to recover all at once makes Sean to feel guilty for his behavior. He knows that without alcohol he can perform better by being with his family. Sean's wife should not quarrel him or talk of his inability to perform his roles but should tell him that it is normal and all will be well in futu

Reference

Battaglia, E (2009) Recovery magazine, Drug and Alcohol addiction. Retrieved from

<http://www.drugalcoholaddictionrecovery.com/?p=71>

On December 10, 2010
