



TAMMY BELL and ASSOCIATES, Inc.

The Relapse Prevention Center

Individual, Group, and Family Counseling

DEVELOPMENTAL MODEL OF RECOVERY

Developed By:
TAMMY L. BELL

Copyright, TAMMY BELL, TAMMY BELL and ASSOCIATES, 2015



TAMMY BELL and ASSOCIATES, Inc.

The Relapse Prevention Center

Individual, Group, and Family Counseling

DEVELOPMENTAL MODEL OF RECOVERY

Course Description

The Developmental Model of Recovery explains the six stages of recovery. Each stage has specific tasks that are crucial for maintaining sobriety. Relapse prevention is possible through recognizing recovery stuck points and complicating factors within each stage of recovery.

Learning Objectives

1. The participant will be able to identify the six stages of recovery.
2. The participant will learn relapse indicators for each stage of recovery.

Format

Lecture

DEVELOPMENTAL MODEL OF RECOVERY

Based on Terrence Gorski's CENAPS Model

Sobriety -- Productive, comfortable lifestyle while remaining abstinent.

Relapse -- Dysfunctional sobriety which often ends in A/D use.

<p><u>Transition/Pretreatment</u></p> <ul style="list-style-type: none">➤ Connect Life Consequences to A/D Use➤ Fail at Attempts to Control A/D Use➤ Fail to Abstain Without Help	<p><u>Stabilization</u></p> <ul style="list-style-type: none">➤ Detoxification➤ Manage Post Acute Withdrawal Symptoms➤ Manage Compulsions/Cravings➤ Recognize Addiction
<p><u>Early Recovery</u></p> <ul style="list-style-type: none">➤ Accept Addiction➤ Begin 12 Step➤ Spiritual Journey Begins	<p><u>Middle Recovery</u></p> <ul style="list-style-type: none">➤ Confront Addiction Caused Damage<ol style="list-style-type: none">1. Occupational2. Social3. Intimate/Family
<p><u>Late Recovery</u></p> <ul style="list-style-type: none">➤ Work Through Family of Origin Issues➤ Identify Core Issues	<p><u>Maintenance</u></p> <ul style="list-style-type: none">➤ Ongoing Personal/Spiritual Growth and Development➤ Maintain Recovery Program➤ Monitor Relapse Warning Signs

Top 5 Reasons for Relapse

1. Failure to Complete Pretreatment/Transition
2. Untreated Dual Disorder
3. Untreated Family of Origin Issues
4. Dysfunctional Relationships
5. Failure to Progress Through Recovery Stages

Suggested Reading: "Passages Through Recovery" by Terrence Gorski