

Presenter: Andrew Freeman, MSW, LCSW, C-SAC

Session Title: Treatment Strategies When the Client is in Pre-contemplation

Session Description:

Treating clients with substance use disorders can be challenging, even if the client recognizes and is motivated to change their substance use pattern. But how does the clinician proceed if the client fails to recognize their substance use is a problem? Pre-contemplation is the recovery stage when the client fails to see their substance use as problematic. This session will examine high impact strategies to create change in clients who have low internal motivation, are in denial or are pre-contemplative about recovery. This session will discuss intervention strategies from the Stages of Change and Motivational Interviewing treatment models to engage these clients in the recovery process.

Bio:

Andrew Freeman, MSW, LCSW, C-SAC, has an extensive background working with clients who struggle with low motivation for change. He worked with Washington County's diversion program for five years. He also worked with Aurora Psychiatric Hospital's Adult Chemical Dependency Program, developing and training the clinical staff in how to help clients resolve their ambivalence about recovery. He currently is in outpatient practice with Cedar Lake Counseling in Brookfield, Wisconsin. In his free time, Andrew enjoys hiking, backpacking and camping.