

UCS News Release

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UCS Conference to Host Change Expert

Bennington and Manchester, Vt. — In these times, people are facing change on so many levels. Habits are changing. Ideas are changing. But making change in our lives—even when we have to—is not easy. After all, people are creatures of habit and tend to like the familiar old ways.

How to manage change is the topic of the Third Annual UCS Training Conference — Stages of Change — on May 1 at the Bennington Center for the Arts.

Dr. Carlo DiClemente, one of the world’s leading experts on the process of change, will present the daylong conference. His work has been adopted around the world because it revolutionizes the understanding of change.

“We all make changes,” said DiClemente by phone. “The question is how can we approach change more successfully by tailoring our activities to stimulate and reinforce change?”

Whether you’re running a business, parenting children, or recovering from addiction, change is a big part of life. But getting through changes smoothly and successfully can pose difficulties. DiClemente’s model has fundamentally changed how we think about and address behavior.

“DiClemente is fantastic, and very entertaining,” said Patty McCarthy recently. McCarthy is the executive director of Friends of Recovery, Vermont, based in Montpelier.

To register or for more information call UCS, 802-442-5491 x313; or email bdooling@ucsvt.org. The complete conference and luncheon is \$99. A catered buffet luncheon will be provided. To download the conference program visit the United Counseling Service web site, www.ucsvt.org.

DiClemente is internationally recognized for his pioneering Transtheoretical Model of Behavior Change, a framework for understanding how to change behaviors.

Researchers have successfully used and tested DiClemente’s model in many areas of behavioral change, such as dietary change, exercise, occupational safety, rehabilitation of health and addictive behaviors, cancer prevention, and HIV risk reduction.

Conference participants will be coming from throughout the region to develop new approaches to understanding, promoting, and managing change in many of these areas.

DiClemente originally developed his model as an integrative and dynamic approach to the process of intentional behavioral change. Accordingly it can be effectively applied to a variety of behaviors, populations, and settings.

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UCS serves children, adults, families, and seniors through nationally recognized counseling, early care and education, and clinical support.

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