

“Life is a process, not an event.”

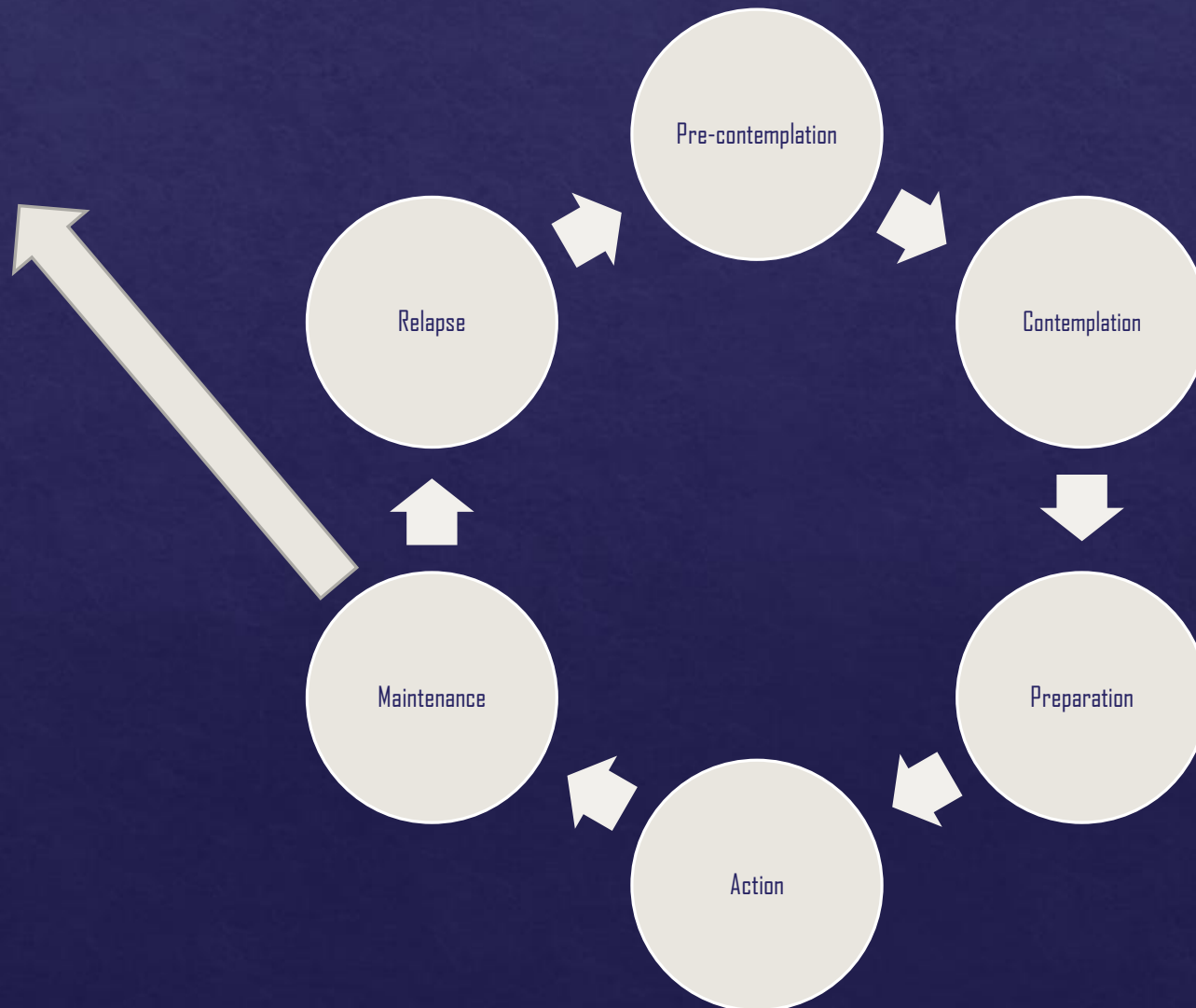
Trauma and Recovery in the Lives of Trafficking Survivors

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Stages of Change Model (SCM)



SCM: Pre-Contemplation

- "I know you are OK with your current situation."
- "Any changes are YOURS to make."
- "One thing I would like you to be thinking about is _____ so that we can put together a plan for me to better understand how to support you."
- "We can work together to make sure you are safe and healthy and know where to go if you are ever in trouble or hurt."
- "I've seen others in similar situations get hurt, and I care about your safety and make sure you have good information to stay safe."

SCM: Contemplation

- “I know you do not want to make any changes right now.”
- “Any changes you do make are YOUR to make on your own timeline.”
- “What are some things that would be different once you do leave?”
- “What are the benefits of staying? Are there other ways to access those same benefits?”
- “I’ve noticed that since we last met you have _____ like we talked about. That is great that you have been working so hard. How has that been? What will you be working on next?”

SCM: Preparation

- “I see you are putting a lot of thought into making some changes.”
- “That is an obstacle you have identified. Let’s brainstorm together on places to find more information about options.”
- “I’d love to connect you with _____ because _____.”
- “In order to _____, you will need to have _____. What is the status? What do you need from me?”
- “What feels like a realistic goal for this time period before I see you again?”

SCM: Action

- “I can see that you have been working very diligently on this!”
- “How has [old behavior/relationship] been affected by [new resource]?”
- “What has been the best part about this change?What has been the hardest part?What supports do you need to make the hard part possible?”
- “What a milestone! You are so smart! You are so strong! This is what dedication looks like!”
- “What helps you keep your big picture goals in sight while dealing with this stress on the daily basis?”

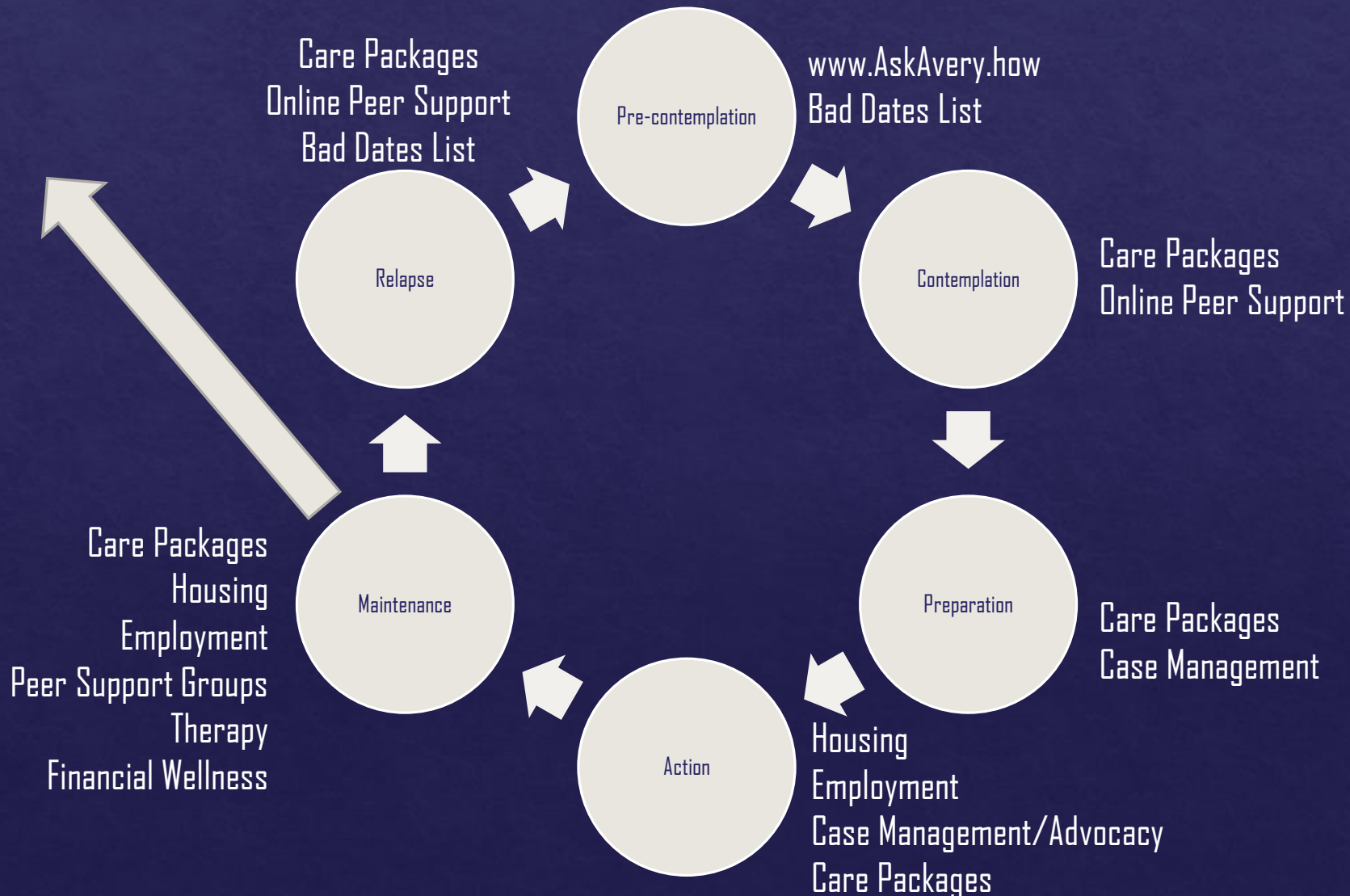
SCM: Maintenance

- “Keep going! I can see all your hard work is really paying off!”
- “What types of rewards do you have to keep yourself motivated?”
- “Where do you feel like your vulnerabilities are now that you have learned so much about yourself and all the work it has taken to get to this point?”
- “Say _____ happens. What do you see yourself doing? Who would you reach out to? What resources would you need to know about?”

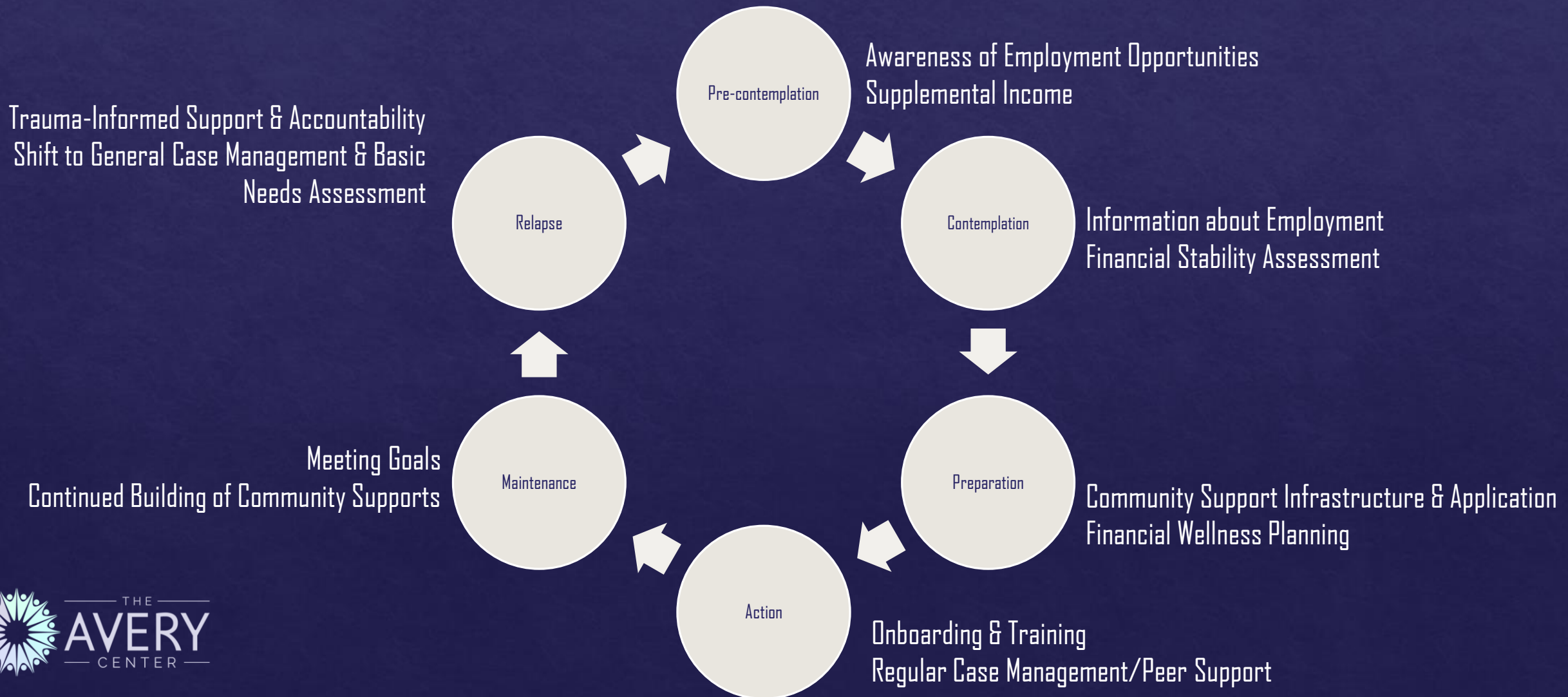
SCM: Relapse

- “I am so glad you reached out. Slip-ups happen. Let’s talk about it.”
- “Tell me more about what happened. If you could go back, what would you do differently? What will you do differently if this were to happen again?”
- “What was the weak point in your maintenance plan? What do we need to add or change to strengthen it?”
- “It took you [time] to recognize the relapse, compared to [time] last relapse. What has changed between the two?”
- “What knowledge will you take with you going forward?”

SCM: Services at The Avery Center



SCM: Programmatic Structure at The Avery Center



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