



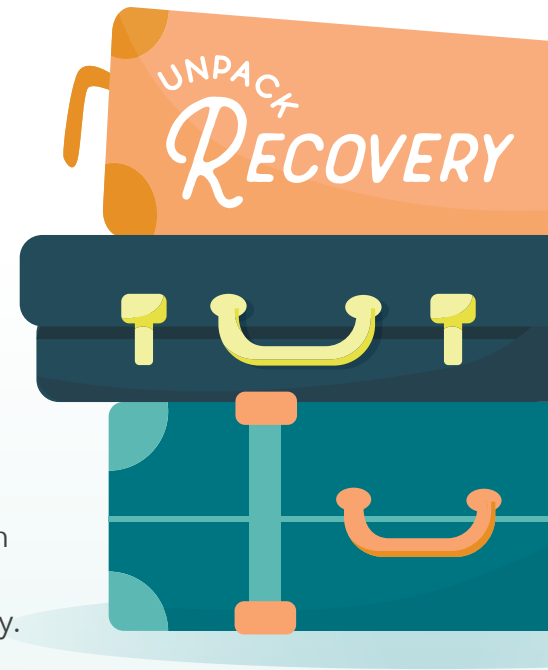
Eating
Recovery
Center



Pathlight
Mood &
Anxiety
Center

Are Your Clients Ambivalent About Getting the Treatment They Need?

The decision to enter treatment often comes with mixed feelings. Commonly referred to as treatment ambivalence, this happens when a person wavers between readiness and understanding that what they're currently doing is not working ... and feeling they're not ready.



6 Tips to Help Your Clients “Unpack” Treatment Ambivalence



Validate clients' feelings.

Ask your clients to explain the reasons they feel ambivalent and listen with equal parts curiosity, compassion and humility.



Meet with family and caregivers separately from patients.

Take extra time with families and caregivers, recognizing that they are often a few steps behind their loved one in understanding why a certain level of care is needed.



Explore their perspective.

Use motivational interviewing to create allegiance and alliance. For example, ask clients what they stand to lose by entering a higher level of care, which can range from their daily independence to missing out on special events and family vacations. Then explore what they stand to gain.



Look for programs that integrate families and caregivers into treatment.

One common reason for family and caregiver ambivalence is the fear that they will be shut out of their loved one's path forward, or they will be blamed in some way. Through programs that provide education and family programming, they can learn and heal alongside their loved one.



Stand firm in your recommendation.

Reinforce your clinical recommendations, but don't push clients into treatment. Share the clinical reasoning behind your recommendation and explain why you believe they can do this.



Recommend a support group.

Support groups offer a small community where clients can share their mixed feelings in a safe space with peers who have similar experiences, building their confidence, connections and hope for recovery.

Let's partner in your clients' care. Contact us today for a free care consultation.

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Most major commercial insurance accepted

SUMMER IN RECOVERY CHECKLIST

Here's what you and your client can expect when you partner with us during this pivotal time in their **recovery journey**.



Free Thorough Assessment

Comprehensive assessment by master's-level clinician to determine level of care



Professional Collaboration

Communication with outpatient team throughout admission, treatment and discharge



Insurance Coverage

In-network coverage by most major commercial insurance providers



Travel Support

Travel concierge to help ensure easy travel and transportation coordination



Continuity of Care

Consistent clinical team using consistent therapeutic approaches helps patients make optimal progress as they transition through levels of care



Strong Aftercare Support

Continued connection and free support groups, events, education and resources available following treatment



Unparalleled Clinical Expertise

Highly specialized multidisciplinary team provides individualized, coordinated care, including a primary care physician, psychiatrist, therapist, and dietitian (for our eating disorder patients).



Robust Family Education

Extensive family education, support, community and resources for loved ones



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