



The 2025 Richard Saitz Memorial Lecture • Featuring Dr. Carlo DiClemente

Recycling and Recovery: Finding Value in Unsuccessful Attempts to Change

Thursday, February 27 • 3:00 pm ET

The journey of recovery is often filled with false starts and unsuccessful attempts to change. The Transtheoretical Model of Behavior Change (“Stages of Change”) envisions recovery most often as following a cyclical rather than a linear path. An unsuccessful attempt to change an addictive behavior triggers recycling. The purpose of this recycling is not to just do the same thing repeatedly hoping for a different outcome. It is a matter of trying smarter and not just harder.

This presentation will highlight the potential flaws and the helpful components that play a role in successful recycling and recovery. The goal of the presentation is to help provider and changer to learn how to find value in past unsuccessful attempts to change.

[REGISTER HERE](#) to receive webinar link by 2/26.

Dr. Carlo DiClemente

Dr. Carlo DiClemente is an emeritus professor of psychology at the University of Maryland Baltimore County. He has conducted funded research for the past 40 years with funding from NIH Institutes, SAMSHA, State Governments, and Foundations. He published in 2018 the second edition *Addiction and Change: How Addictions Develop and Addicted People Recover*.

