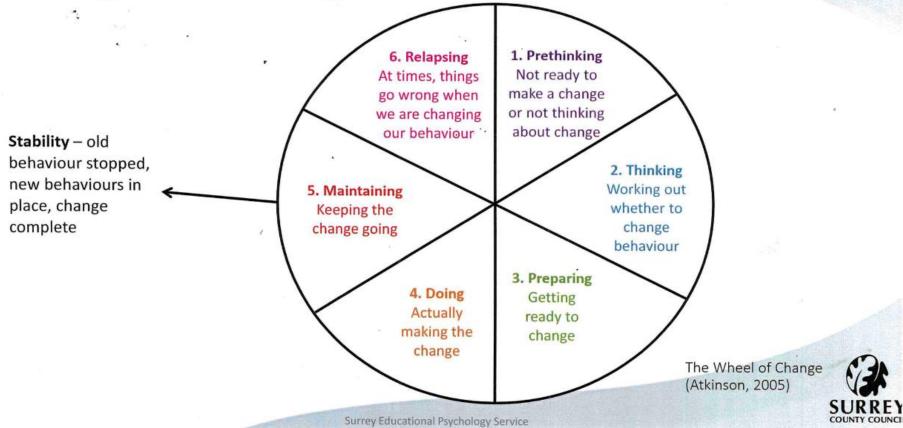
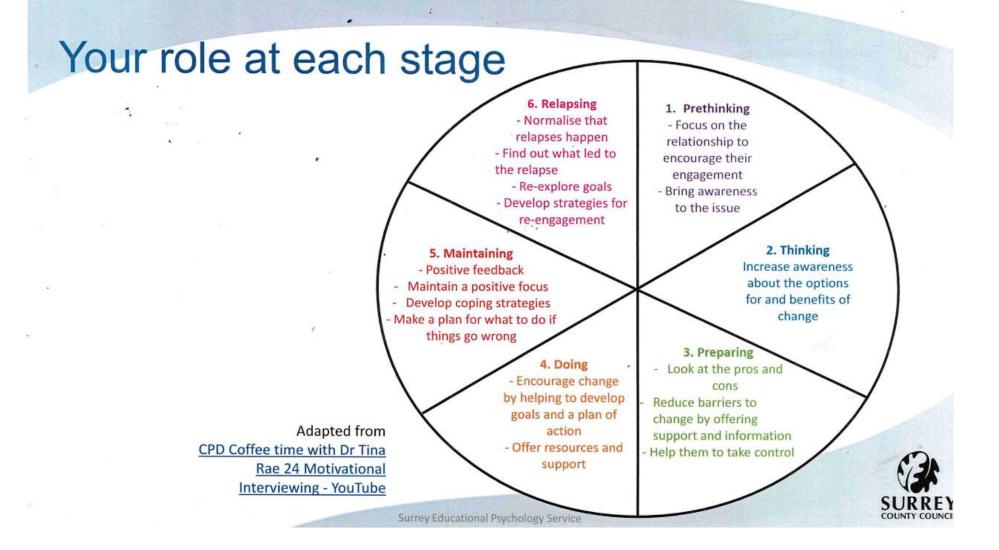
Stages of change





# Motivating change: Helpful Qs

- · What makes you want to change?
- What would the benefits of this change be?
- · What is different now that means you want to change?
- What would your future look like in X number of years if you did change?
- Can you tell me about a time when attending school was easier and how that made you feel?
- · What might be hard about making the change?

DO talk about both positives and negatives. DON'T start to problem solve or give advice.

elapsing nalise that es happen t what led to relapse plore goals op strategies ngagement

- Offer resources

and support

1. Prethinking - Focus on the

relationship to encourage their engagement Bring awareness

to the issue

2. Thinking Increase awareness about the options for

and benefits of

change

- 3. Preparing Look at the pros rage change and cons helping to Reduce barriers to op goals and a olan of action
  - change by offering support and information
  - Help them to take control

- · What are the good things about not attending school? How is it helping you?
- · Are there any down sides to not attending?
- · How is the non-attendance stopping you from what you want to do?
- · What in school would you like to be different?

DO be empathic and curious. DON'T make judgements or blame the pupil.

Adapted from CPD Coffee time with Dr Tina Rae 24 Motivational Interviewing - YouTube



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## Initiating change: Helpful Qs

- · What is better?
- Who has noticed the change?
   What did they say/do?
- · Who is doing what to help?
- How will you know when the situation has improved?
- What goal are we working towards? What are the steps towards this goal?

- Relapsing
   Normalise that relapses happen
- Find out what led to the relapse
- Re-explore goals
- Develop strategies for re-engagement
- taining feedback positive focus ling strategies for what to do go wrong
  - Doing
     Encourage change
     by helping to
    develop goals and a
     plan of action
     Offer resources
     and support

- 1. Prethinking
- Focus on the relationship to encourage their engagement
- Bring awareness to the issue
  - 2. Thinking Increase awareness a the option and ben cha
  - 3. Preparing
- Look at the pros and cons
- Reduce barriers to change by offering support and information - Help them to take

control

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- What options are there? What are the pros and cons of each option?
- How might other people react to this change?
- What do you think you will do to increase your attendance? What will you do first?
- Who will you need to help you with this change? Who has been able to help in the past?

DO explore different options. DON'T argue over what you think they should do or assume your goals are the same as theirs.

Adapted from CPD Coffee time with Dr Tina Rae 24 Motivational Interviewing - YouTube



# Maintaining change: Helpful Qs

- What are you doing to stop things from getting worse?
- If you relapse, who will listen/understand? How will you tell that person?
- What is keeping it from getting worse?
- Who can help?

#### 6. Relapsing

- Normalise that relapses happen
- Find out what led to the relapse
  - Re-explore goals
- Develop strategies for re-engagement

#### 5. Maintaining

- Positive feedback
- Maintain a positive focus
- Develop coping strategies
- Make a plan for what to do if things go wrong

### 4. Doing

- Encourage change by helping to develop goals and a plan of action .
- Offer resources and support

### 1. Prethinking

- Focus

enco

- Bring

eng

- relati
  - What is better?
  - · What has helped you to achieve it?
  - · How did you manage it?
  - · What did it take to keep going?
  - How confident are you about keeping this up on a scale of 1-10?
  - What does this tell you about yourself that you didn't know before?
  - What would be the first sign that will tell you things are beginning to slip back?

## and cons

3.1

Look

- Reduce barriers to change by offering support and information
- Help them to take control

## Adapted from

CPD Coffee time with Dr Tina
Rae 24 Motivational

Interviewing - YouTube

