Module 6

Putting it all Together &
The Continuum of Change

MHTTC

SAMHSA
Substance Abuse and Mental Health Services Administration

REVIEW

Module 5

Complex Reflections
Summaries
Connection
Practice!

1. Complex reflections address what's happening "below the surface"
2. Complex reflections test ones understanding while deepening the conversation
3. Summaries collect information, highlight, minimize or link information
4. Summaries can be used to end the discussion, switch topics or shift conversation

ACTIVITY

OARS - Putting It All Together

1. Identify one person to practice using open ended questions, affirmations, simple and complex reflections, and summaries.

2. Start out with an open ended question. Keep the conversation moving by using reflections and affirmations. Use at least 2 open ended questions, 4-5 simple and complex reflections.

3. Use at least 1 affirmation, 1 collecting or linking summary, and 1 transitional summary.

4. Note how you felt using the OARS skills.

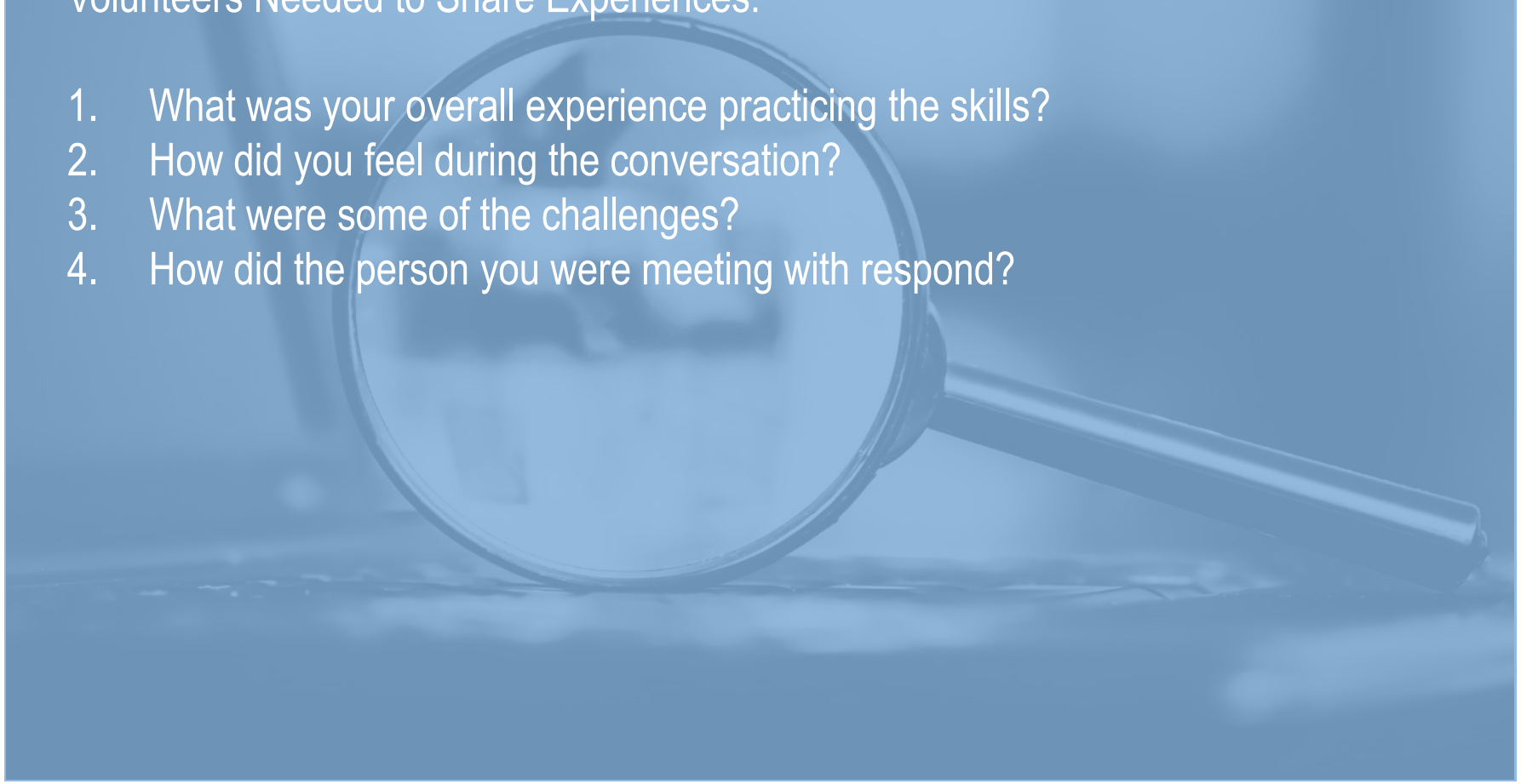
5. Bring your reflection to next session and be ready to discuss.

ACTIVITY

OARS - Putting It All Together

Volunteers Needed to Share Experiences:

1. What was your overall experience practicing the skills?
2. How did you feel during the conversation?
3. What were some of the challenges?
4. How did the person you were meeting with respond?



Module Objectives

1. *Identify the elements of the continuum of change*
2. *Describe the connection between the continuum of change and MI*
3. *Demonstrate how to support someone in the change process based on place in continuum*
4. *Synthesize the spirit, processes, and skills of MI*

Pre-Contemplation

Contemplation

Preparation

Action

Maintenance

Relapse/Recycle

Continuum of Change

Continuum of Change
Videos

https://www.youtube.com/watch?v=_-wxnNnCfyE&list=PL1UDVLmMXEEdIVofbgt4d6sLAe5pulbPC

https://www.youtube.com/watch?v=9gmaAzxnpvA&list=PL1UDVLmMXEEdIVofbgt4d6sLAe5pulbPC

https://youtu.be/K-N1zV9HCiU?list=PL1UDVLmMXEEdIVofbgt4d6sLAe5pulbPC

https://www.youtube.com/watch?v=yi63B4Nygos&list=PL1UDVLmMXEEdIVofbgt4d6sLAe5pulbPC

https://youtu.be/Drjv30vcOlM?list=PL1UDVLmMXEEdIVofbgt4d6sLAe5pulbPC

https://youtu.be/4xhLw0UUrvQ?list=PL1UDVLmMXEEdIVofbgt4d6sLAe5pulbPC

The continuum of change is a non-linear process.

Continuum of Change
Vignettes

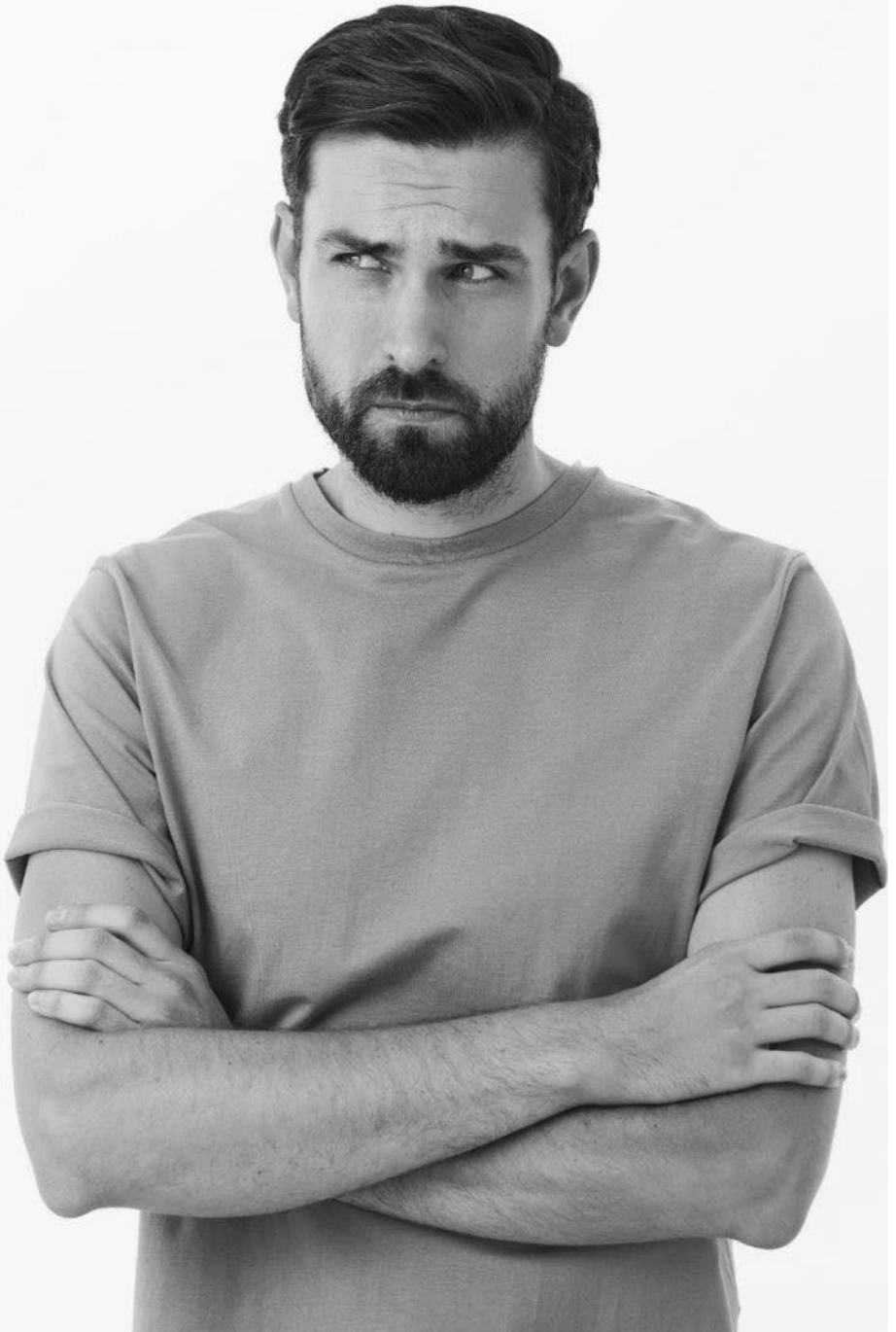
#1

Isaiah has recently been fired from his job and he is very angry about it. He worked for a number of years and feels like he was terminated for no cause. He blames his co-workers for his termination from this job and several jobs before this one.

He does not want to work on his resume or provide any information about his previous employment. He is not open to talking about his history of getting terminated and the behaviors that have contributed to his getting fired.

Questions

1. What is Isaiah's focus or goal for change?
2. Where on the continuum of change do you think Isaiah is? What information indicated this to you?
3. What motivational strategies would you use to support Isaiah with making a change?



#2

Nia has been thinking about losing weight. She has been losing and gaining the same twenty pounds for the last five years. She has begun talking with her support worker about going back to the gym.

She has a gym membership but consistently finds reasons not to go. She's either too tired, too busy, or has no way of getting there. However, she has been cooking healthier meals recently.

Questions

1. What is Nia's focus or goal for change?
2. Where on the continuum of change do you think Nia is? What information indicated this to you?
3. What motivational strategies would you use to support Nia with making a change?

#3

Alex really wants to improve their overall wellness. Alex has recently started using the patch and has reduced their smoking from a pack/day to 5 cigarettes/day. Alex has also been considering starting a meditation practice but isn't sure how to use it. Also, Alex has thought about starting a feelings journal, but doesn't really think it will help.

Questions

1. What is Alex's focus or goal for change?
2. Where on the continuum of change do you think Alex is? What information indicated this to you?
3. What motivational strategies would you use to support Alex with making a change?

OLD WAY
NEW WAY

SUMMARY

Module 6

Collaboration
4 Processes
OARS
Continuum

1. MI is a collaborative approach for change
2. Allows person making the change to lead
3. Resist your righting reflex; support
4. Keep the 4 processes as the foundation
5. Use OARS for exchanges
6. Change is not easy for anyone

Questions?

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