If you don’t know where you’re going, any road will get you there.
— Cheshire Cat

STAGES OF CHANGE

- **Pre-Contemplation**: No intention on changing behavior
- **Contemplation**: Aware a problem exists but with no commitment to action
- **Preparation**: Intent on taking action to address the problem
- **Action**: Active modification of behavior
- **Maintenance**: Sustained change; new behavior replaces old
- **Relapse**: Fall back into old patterns of behavior

**Upward Spiral**

Learn from each relapse
- Shifting Focus
- Agreement w/ a Twist
- Come Along Side
- Reframe
- Emphasizing Personal Control
- Disclosing Feelings

**MAPPING**
- Sequential Vs. Global
- Use for Tx Plans
- SMART Goals

**GOAL SETTING**
- SPECIFIC
- MEASURABLE
- ATTAINABLE
- RELEVANT
- TIME-BOUND
Thoughts  
Body Sensations  
Behaviors  
Emotions

Situation

DBT Chain Analysis

Reactive Behaviors

Vulnerability

Trigger

Responsive Behaviors

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MI-VALUES SORT

- Techniques
  - Take one away
  - Take category away
  - Take all cards in one category away
  - Add cards

- Tell me what you notice
- Have discussion
- DEARS
ETHICS OF MI

1. Autonomy
2. Non-malice
3. Beneficence
4. Justice

EPE

ELICIT

Provide

ELICIT
TRAPS FOR FOCUSING

• Tolerate uncertainty
• Share Control
• See Strengths
• Identify skills, skill sets
• Skill for mapping
• Need to manage structure

SELF DISCLOSURE

• Who is it for?
• Is it true?
• Could it be harmful?
• Is there a clear reason it would be helpful?

"Under disclosure rules, I'm required to tell you I own stock in the company whose drug I'm prescribing."
SUSTAINED TALK VS. CHANGE TALK

PREPARATORY CHANGE TALK

D • Desire
A • Ability
R • Reasons
N • Need
To say that one must, can, wants to, or has good reasons to change is not to say that one will.

Miller

C
• Commitment

A
• Activation

T
• Taking steps
GET INTO TEAMS!

• I’m going to read statements.
• You get one point for every correct answer
• If it is change talk- then use DARN CAT to say what kind of statement for an extra point.
**Importance & Confidence Ruler**

**IMPORTANCE SCALE:**
How important is it for you right now to...? On a scale from 0-10... what number would you give yourself?

0________________________10

**CONFIDENCE SCALE:**
If you did decide to change, how confident are you that you would succeed? On a scale from 0-10... what number would you give yourself?

0________________________10

**OARS WITH CHANGE TALK**

- Open ended Questions & Invitations
- Affirmations
- Reflections
- Summaries
- Information
- Advice with permission
• Increased change talk
• Diminished sustain talk
• Resolve
• Envisioning
• Questions about change
• Testing the water
CALLING THE CATS

• Evoking activation talk
• Asking for commitment
• Getting more specific
• Setting a date
• Preparing

CHANGE PLAN

• A goal I have is to:
• My most important reasons to make this change are:
• Some things that could get in the way:
• Personal strengths I can draw upon:
• The next steps I plan to take and when:
  – 1)
  – 2)
  – 3)
• Other people who could help me:
• Possible way(s) to help
• I’ll know my plan is working if/when:
• What I will do if the plan isn’t working:
Any Questions?

A healer is someone who seeks to be the light that she wishes she had in her darkest moments.
~Vironika Tugaleva