

## **TRAINER TIP SHEETS**

### **STAGES OF READINESS FOR CHANGE**

- Have supervisors help to describe the six stages of readiness for change and associated strategies using the following SLIDES. Point to Stages of Readiness for Change HANDOUT in binders.
- As you describe each stage, stop and ask the large group to think of an example from their current caseload that fits each stage. Ask them to describe the behaviors of or interactions with this client that makes them think the client is at this particular stage of readiness for change. If no one has a client who is currently as a given stage, ask them to think of a client who was previously at this stage.
- Following the review and brainstorming activity, discuss possible challenges associated with these stages of readiness for change in clients of the Cabinet (e.g. clients who are in a precontemplation stage but are court ordered to treatment).

## **MOTIVATORS FOR CHANGE**

- Describe the five motivators for client change using the following SLIDES. Distribute Motivators for Change HANDOUT.
- Remind group of basics of Smith Family case scenario. Distribute Motivators for Change Worksheet. Have them complete the worksheet individually in order to practice/apply these concepts to the Smith Family. Then have supervisors review the work of their team members and give feedback, facilitate team discussion.