

Apply Training Content on Stages of Change

Identify a client with whom you feel stuck or frustrated with the level of progress. Use this handout to identify a critical issue for change, the client's current stage of change and strategies you can use to help facilitate movement. Don't expect miracles; we can't change everything in one interview! Record observations about any movement, things you learned (about you client or yourself) and whether this interview felt different than earlier interviews.

Critical Issues for Change:

Client's Current Stage of Change:
Support for This Judgment:

Strategies to Apply

Observations from Interview

Describe Any Movement On The Part Of The Client:

Techniques That Were Effective:

Things I Learned About My Client:

Things I Learned About Myself:

Did This Interview Feel Different:

Other Observations: