

Motivational Interviewing & Stages of Change Case Presentation Format

When working in a clinical setting, applying the concepts of Motivational Interviewing, (MI) & Stages of Change, (SOC) can be confusing, especially if your program design has not adjusted to these ideas and beliefs. However, it is possible to introduce MI/SOC into working with clients. The following questions are designed to help present clinical cases from a MI/SOC perspective.

Previous Meeting

1. Status updates on clients from previous meeting.
2. Additional Needs?

Readiness for Change and Stage Identification

1. What is the client's identified change target(s)? *(What does the client want to work on?)*
2. What is the client's Stage of Change for this change target(s)? Describe observed criteria.
3. What are the client's internal motivators for change? *(based on the client's readiness for change, the goal for treatment is to assist the client to identify their own internal motivation for change.)*
4. What is the client's readiness for change? How has this been determined?
 - a. Importance Ruler?
 - b. Confidence Ruler?
 - c. Statements of Change Talk?
5. Who in the client's support network can play a role in the change process?
 - a. How would they be beneficial to the client's treatment?
 - b. What can be done to engage the clients support network into the clinical process?

Motivational Interviewing Style & Strategies

6. Describe the quality of primary staff person's relationship with the client?
7. If resistance arises during an interaction, what strategies has the staff person employed to reduce this?
8. What has the staff person already tried to help the client move in the direction of change? What worked/didn't work?

Final Comments & Suggestions

9. What specific feedback would the staff person be interested in receiving at this point?
10. Based on the presentation, what are the next steps to be taken with this client?