

Action Stage: Clients are implementing plans for change.

Processes of Change	Motivational Interviewing Principles	Potential Motivational Interviewing Strategies and Skills
<p>Counterconditioning Creating options besides continued substance using and/or criminal behavior.</p> <p>Reinforcement Management Celebrating self for changing..</p> <p>Stimulus Control Managing urges and triggers to use substances and/or engage in criminal behavior.</p> <p>Social Liberation Identifying and utilizing the supports society offers to change substance use and/or criminal behavior.</p> <p>Helping Relationships Establishing supportive relationships while changing client's behavior related to substance use and/or criminal behavior.</p> <hr/> <p>Potential Treatment Goals</p> <ol style="list-style-type: none"> 1. Help client explore success in making changes 2. Reevaluate treatment plan and make changes as needed. 3. Client will identify ways to reward him or herself for the changes he or she makes. 4. Discuss urges and triggers to use along with possible solutions for avoiding them. 5. Client will identify and utilize the supports available to him or her in the community (e.g., AA, NA, support groups). 6. Client will maintain regular contact with clean, sober, law-abiding friends. 	<p>Express Empathy</p>	<p>Strategies</p> <ol style="list-style-type: none"> 1. Affirm client's effort to change. 2. Help client engage in resolving their substance abuse and/or criminal behavior issues. 3. Encourage small steps toward change. 4. Identify new reinforcements for positive change. 5. Empower client. 6. Continue to assess readiness for change. 7. Offer assistance and guidance. 8. Reinforce hope. <p>Skills</p> <ol style="list-style-type: none"> 1. Use OARS (open-ended questions, affirmation, reflections, and summary) 2. Use transitional summary to highlight for the client old versus new behaviors. 3. Avoid Phase 1 and 2 traps and hazards.

Maintenance Stage: Clients are maintaining change; some may need help with relapse prevention.

Processes of Change	Motivational Interviewing Principles	Potential Motivational Interviewing Strategies and Skills
<p>Reinforcement Management Celebrating self for changing.</p> <p>Stimulus Control Managing urges and triggers to use substances and/or become involved in criminal behavior.</p> <p>Social Liberation Identifying and utilizing the supports society offers to change substance use and/or criminal behavior.</p> <p>Helping Relationships Establishing supportive relationships while changing client's behavior related to substance use and/or criminal behavior.</p> <hr/> <p>Potential Treatment Goals</p> <ol style="list-style-type: none"> 1. If client relapses, identify areas for addressing and preventing future relapse. 2. Client will reevaluate recovery environment in regard to long-term recovery; this could include prosocial coping skills, employment situations, anger-management needs, and family support. 3. Update new goals for quality living. 4. Client will maintain goals set for self that support important lifestyle changes. 5. Client will develop coping skills and share these with other in Twelve Step or other support groups. 6. Client will build self-efficacy through focusing on successes made toward recovery. 	<p>Express Empathy</p>	<p><u>Strategies</u></p> <ol style="list-style-type: none"> 1. Support self-efficacy. 2. Build on client's resolves to maintain long-term change. 3. Help client recognize and manage triggers to return to use. 4. Affirm client's commitment to ongoing change. 5. Support problem-solving of barriers encountered in the change process. <p><u>Skills</u></p> <ol style="list-style-type: none"> 1. Use OARS (open-ended questions, affirmation, reflections, and summary) 2. Revisit Phase 1 or 2 skills as appropriate. 3. Avoid traps and hazards.