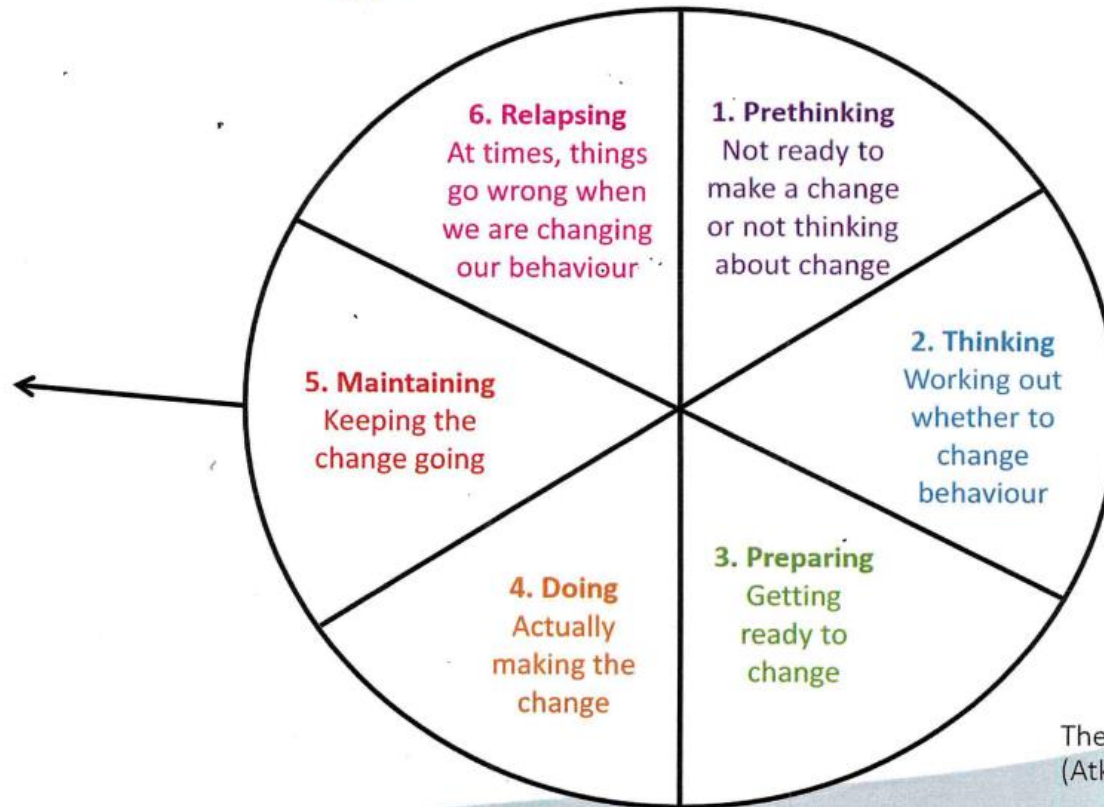


Stages of change

Stability – old behaviour stopped, new behaviours in place, change complete

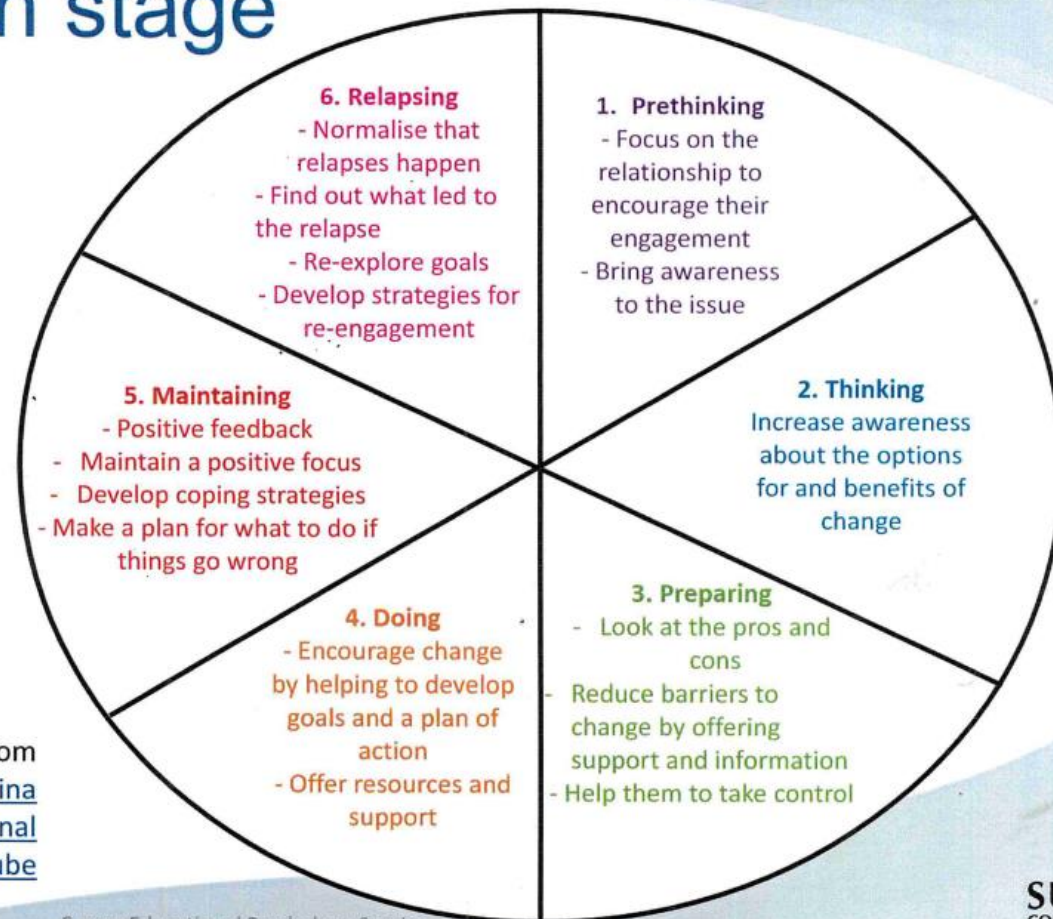


The Wheel of Change
(Atkinson, 2005)



SURREY
COUNTY COUNCIL

Your role at each stage

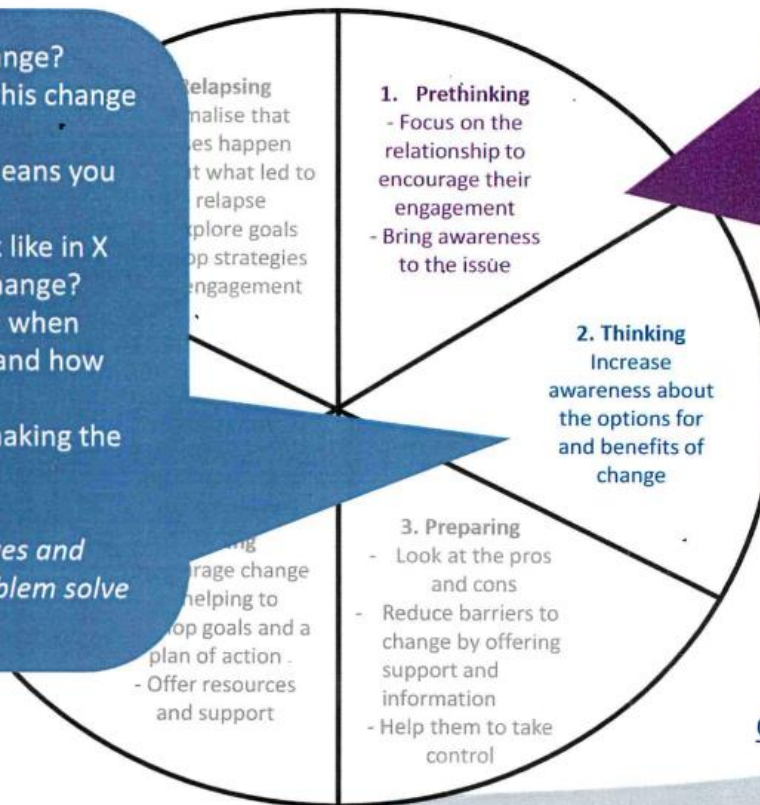


Adapted from
[CPD Coffee time with Dr Tina Rae 24 Motivational Interviewing - YouTube](#)

Motivating change: Helpful Qs

- What makes you want to change?
- What would the benefits of this change be?
- What is different now that means you want to change?
- What would your future look like in X number of years if you did change?
- Can you tell me about a time when attending school was easier and how that made you feel?
- What might be hard about making the change?

DO talk about both positives and negatives. DON'T start to problem solve or give advice.



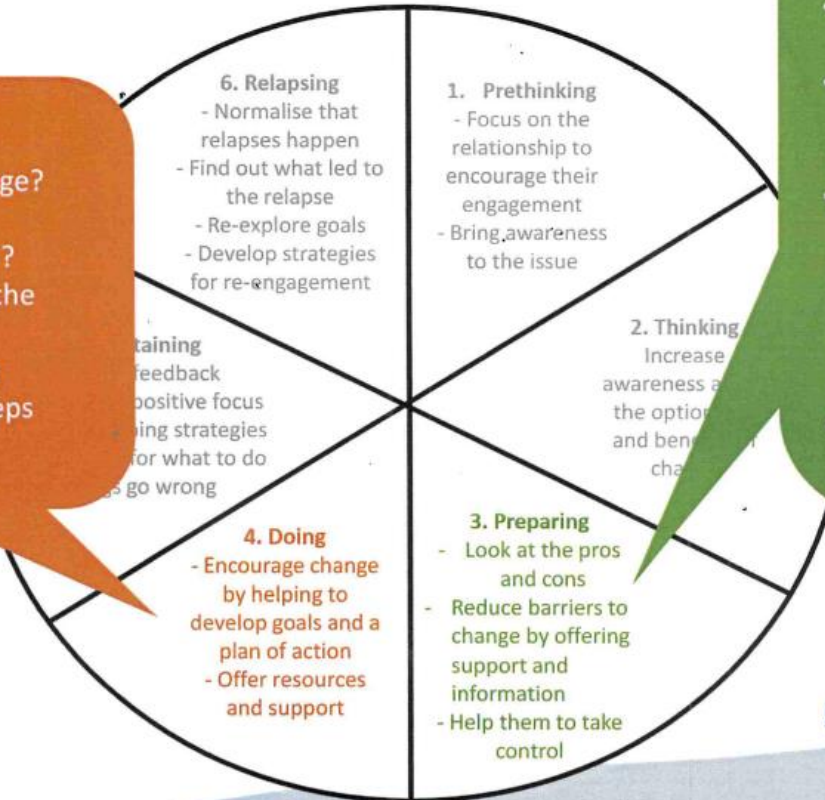
- What are the good things about not attending school? How is it helping you?
- Are there any down sides to not attending?
- How is the non-attendance stopping you from what you want to do?
- What in school would you like to be different?

DO be empathic and curious. DON'T make judgements or blame the pupil.

Adapted from
[CPD Coffee time with Dr Tina Rae 24 Motivational Interviewing - YouTube](#)

Initiating change: Helpful Qs

- What is better?
- Who has noticed the change? What did they say/do?
- Who is doing what to help?
- How will you know when the situation has improved?
- What goal are we working towards? What are the steps towards this goal?



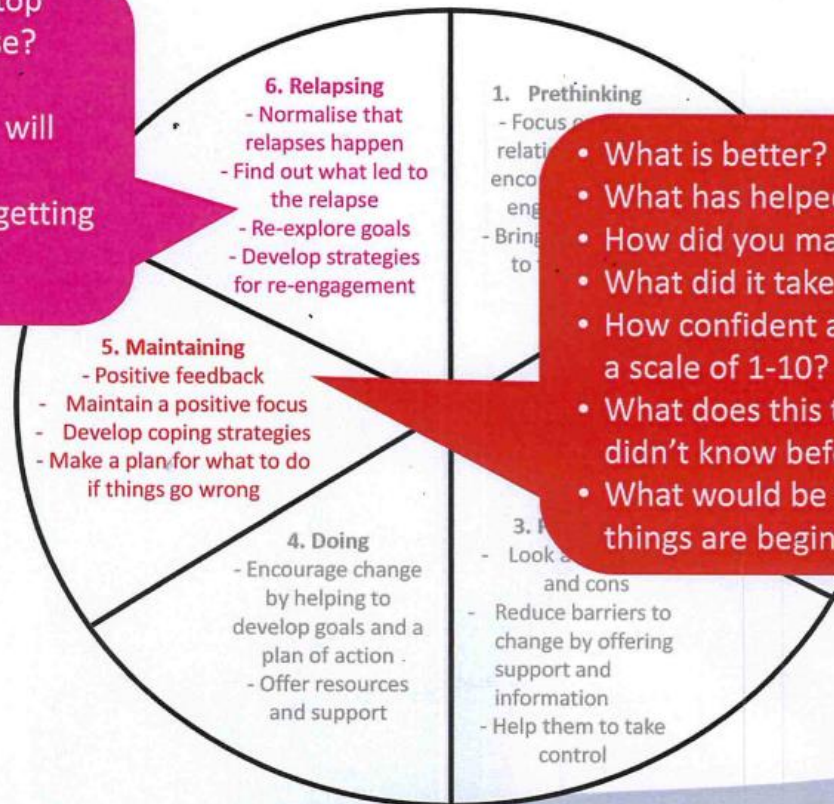
- What options are there? What are the pros and cons of each option?
 - How might other people react to this change?
 - What do you think you will do to increase your attendance? What will you do first?
 - Who will you need to help you with this change? Who has been able to help in the past?
- DO explore different options. DON'T argue over what you think they should do or assume your goals are the same as theirs.*

Adapted from
[CPD Coffee time with Dr Tina Rae](#)
[24 Motivational Interviewing - YouTube](#)



Maintaining change: Helpful Qs

- What are you doing to stop things from getting worse?
- If you relapse, who will listen/understand? How will you tell that person?
- What is keeping it from getting worse?
- Who can help?



- What is better?
- What has helped you to achieve it?
- How did you manage it?
- What did it take to keep going?
- How confident are you about keeping this up on a scale of 1-10?
- What does this tell you about yourself that you didn't know before?
- What would be the first sign that will tell you things are beginning to slip back?

