

S O U T H D A K O T A

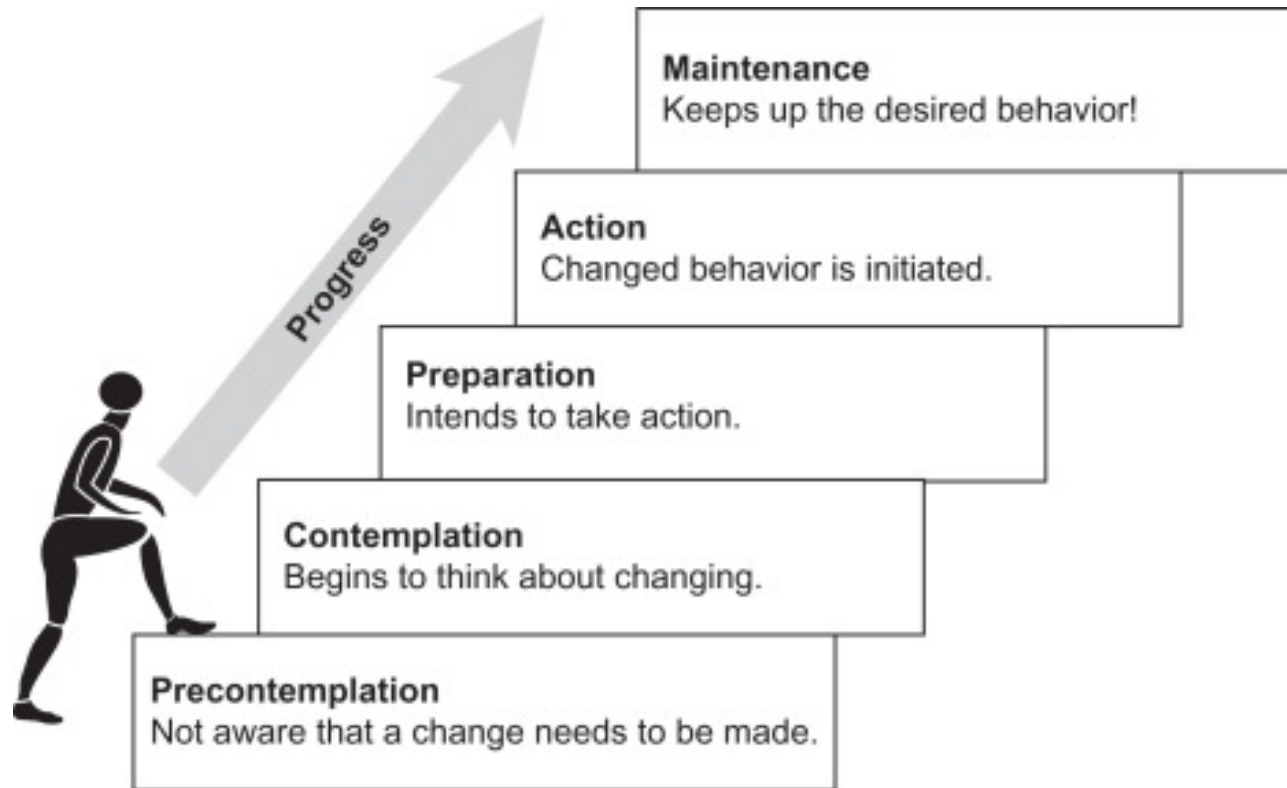
Foundation for Medical Care

Best Practice Briefs

Connecting Life Events to Lifestyle Change

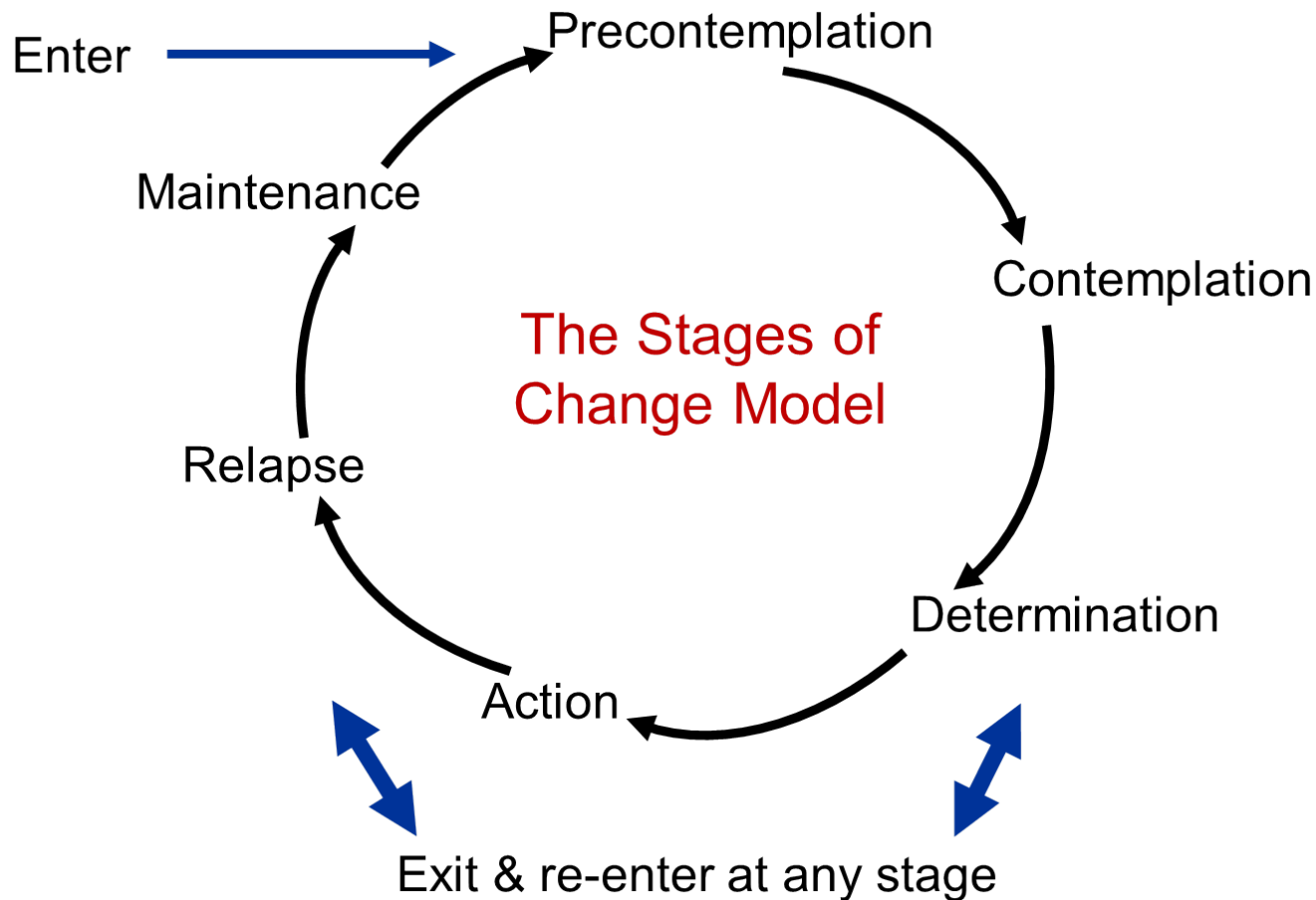
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Stages of Change Model



<https://www.sciencedirect.com/topics/social-sciences/transtheoretical-model>

Stages of Change Model



Motivational Interviewing

ENGAGES CLIENTS

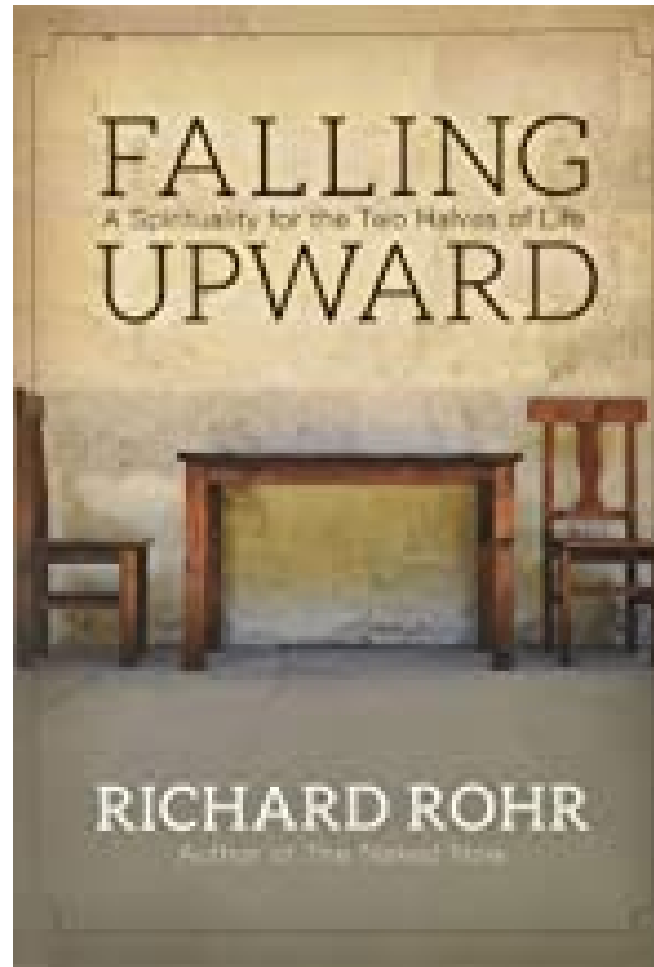


ELICITS “CHANGE TALK”



EVOKES PATIENT MOTIVATION TO MAKE POSITIVE CHANGES

- acceptance of the patient/client without judgement
- every single patient/client may be in differing stages of readiness level



MAKING A CAREER

ORDER

TRADITIONS

CUSTOMS



INTELLECT

SAFETY



FINDING FRIENDS

FINDING A PARTNER

Better Choices Better Health



Self-Management Tool Box



