



# Module 1

## Introduction



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Treatment  
[www.samhsa.gov](http://www.samhsa.gov)



# KAP Keys and Quick Guides

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- Are based on Treatment Improvement Protocols (TIPs)
- Provide concise how-to information
- Can be used for quick reference on the job



# Questions

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1. What do you already know about motivational enhancement?
2. Based on your reading of the Quick Guide, what 3 topics would you most like to know more about?



# Motivation Is Dynamic

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- Purposeful
- Intentional
- Positive
- Changeable

# Change

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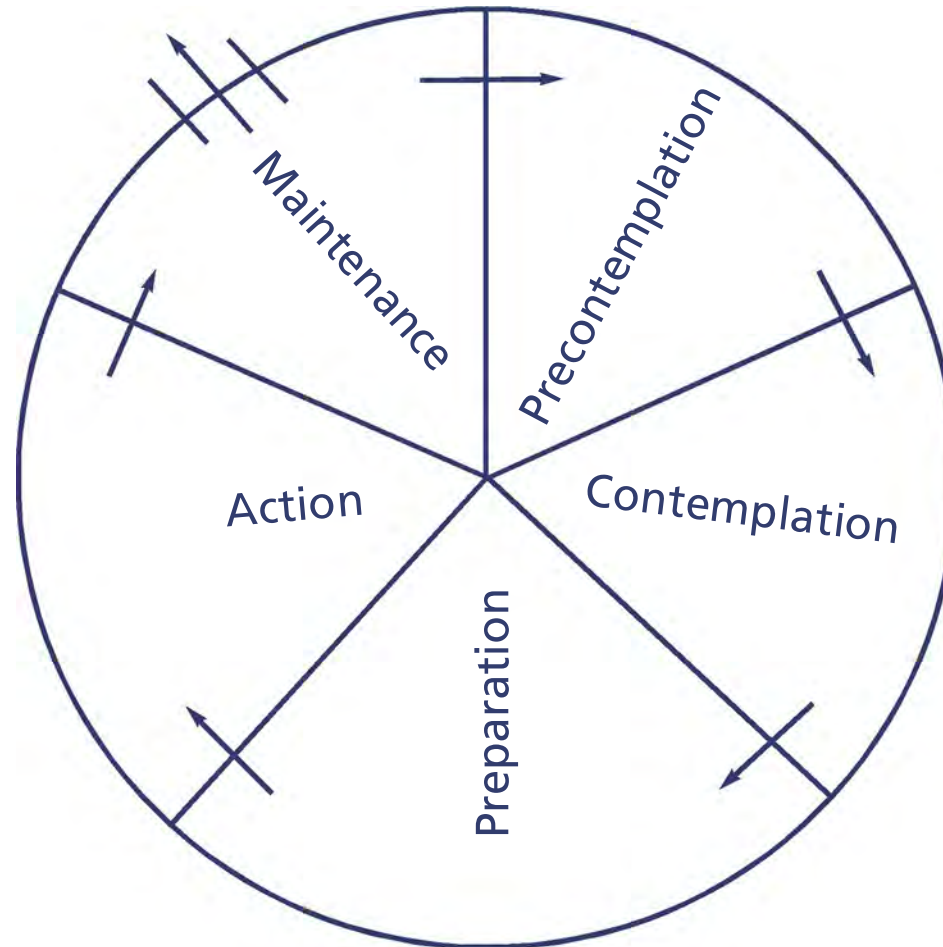


The client ultimately is responsible for change,  
*and* this responsibility is shared with the  
clinician through a therapeutic partnership.

# Transtheoretical Model: Stages of Change



Permanent Exit



Clients may move into *recurrence* from action or maintenance, then back into any other stage of change.

Adapted for TIP 35 from Prochaska, J., Norcross, J., and DiClemente, C., *Changing for Good*, New York: William Morrow and Company, 1994.



# Review

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- What did you learn from Module 1?
- In what ways can you relate these ideas to moments in your life or your clinical practice?