



Module 6

From Precontemplation to Contemplation— Building Readiness



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
www.samhsa.gov



Take Time to...

- Establish rapport and trust
- Explore events that precipitated treatment entry
- Commend clients for entering treatment



Coerced Clients

- “Decontaminate” the referral process
- Honor the client’s anger and sense of dehumanization
- Avoid assumptions about the type of treatment needed
- Make it clear that the clinician will help the client derive what the client perceives is needed and useful out of their time together