

Deepak Yadav

Motivation Enhancement

Motivation enhancement

Motivation
Enhancement

Motivation enhancement



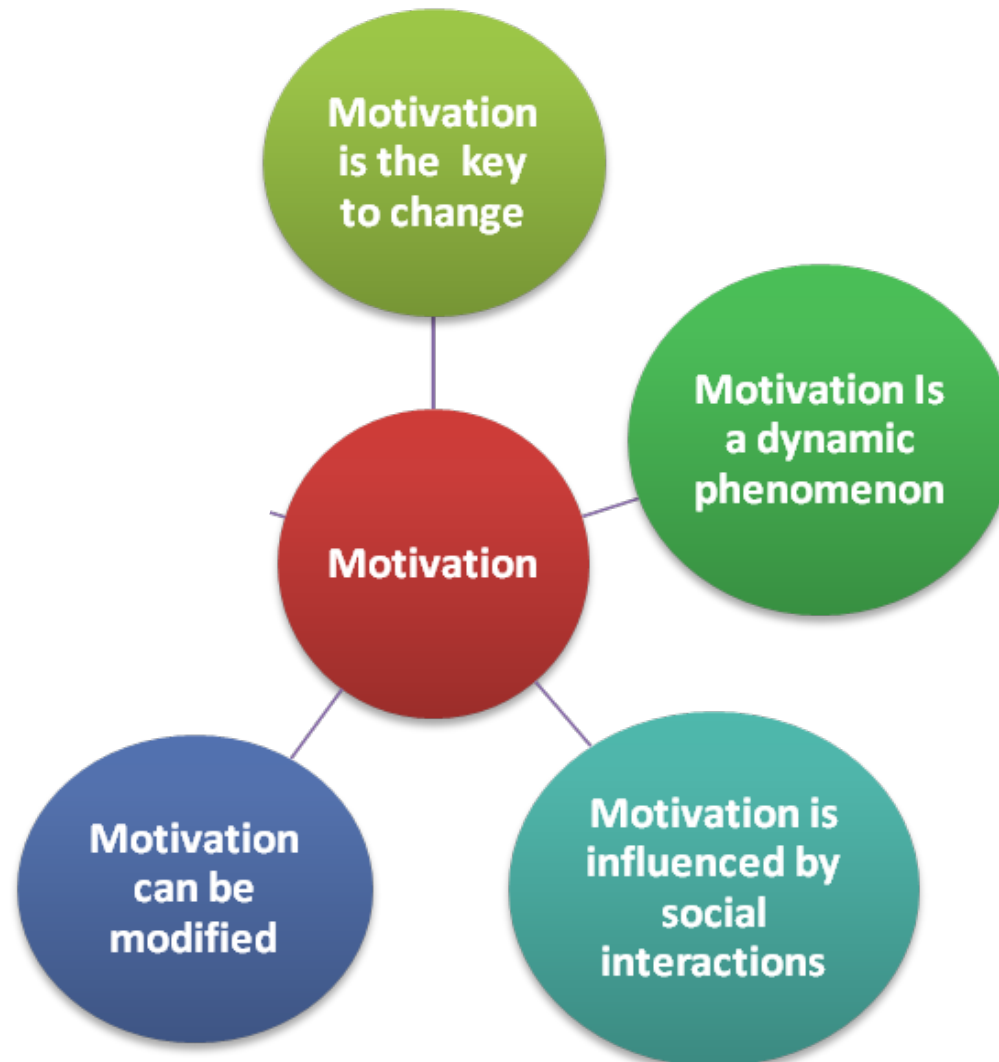
Motivation enhancement



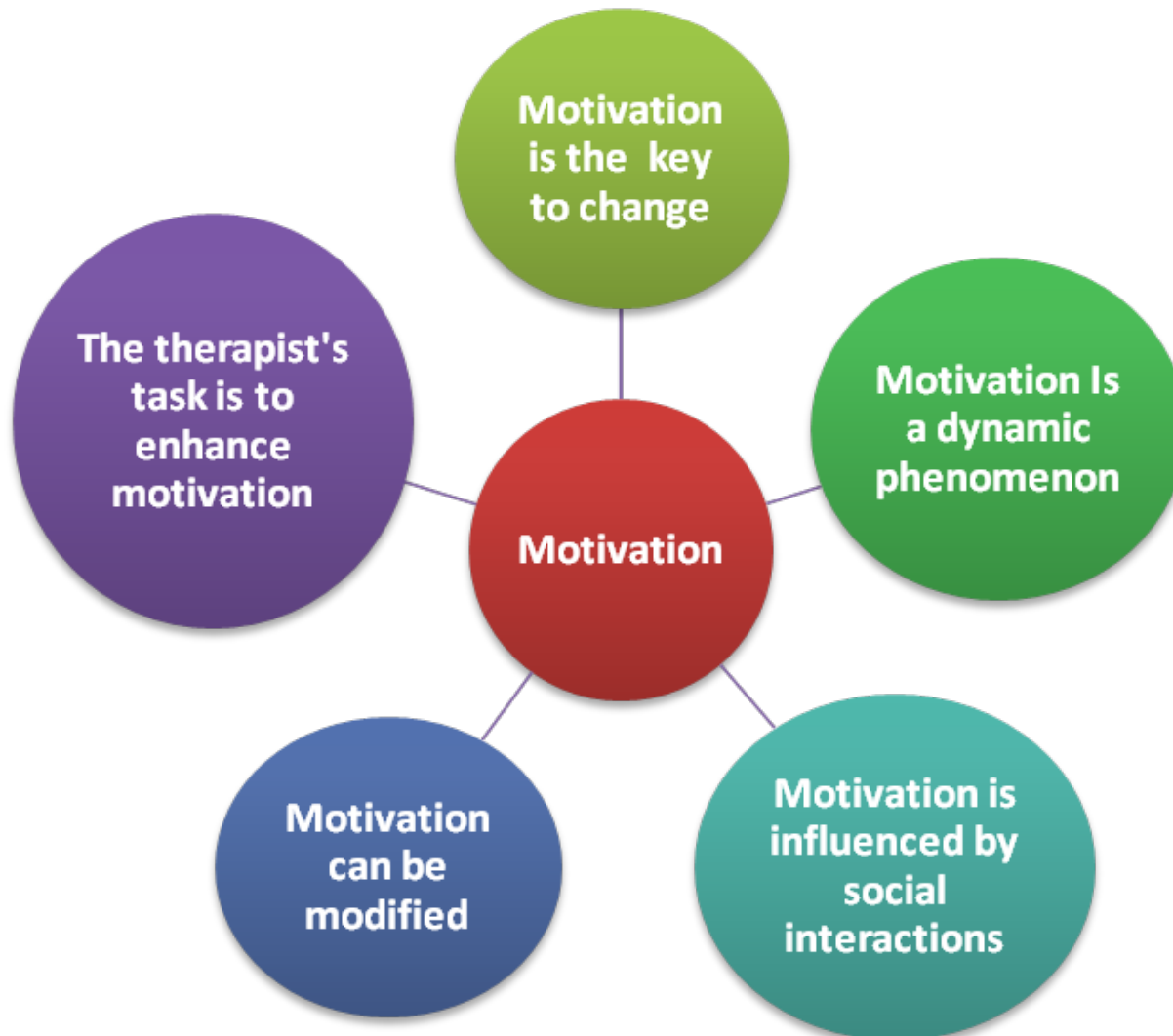
Motivation enhancement



Motivation enhancement



Motivation enhancement

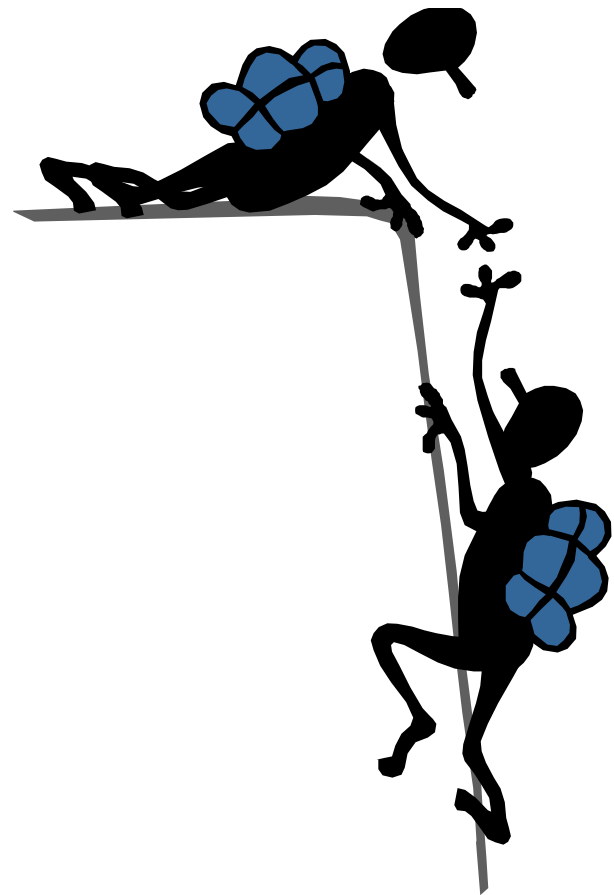


Continuous process

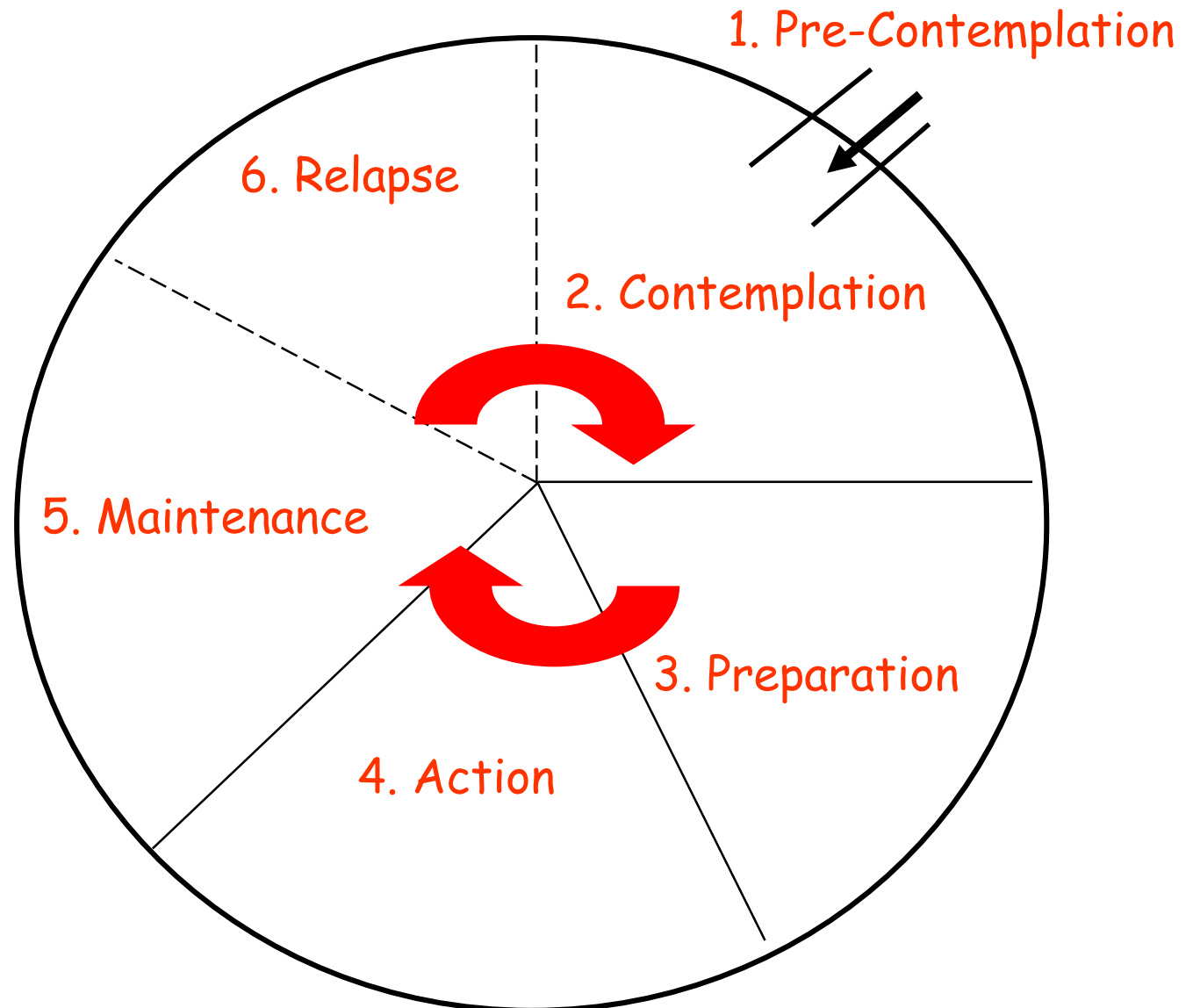
- The initial optimism about the ability to

Uncomfortable physical conditions and challenging life situations most often reverse his commitment.

The Stages of Change - Illustrated

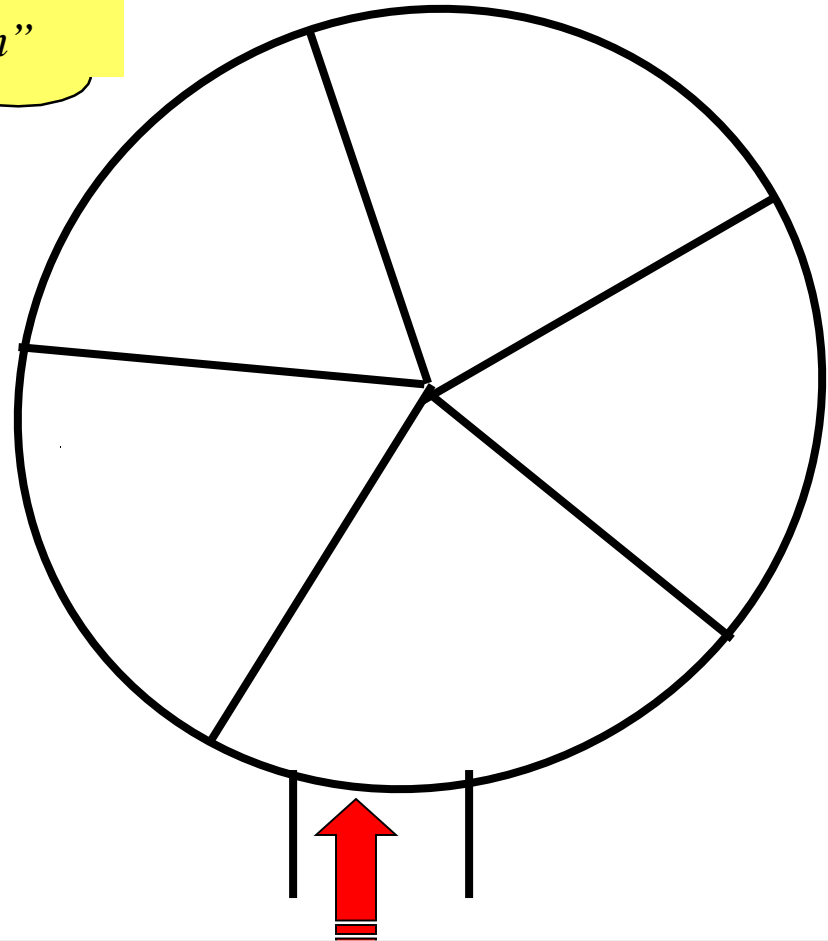
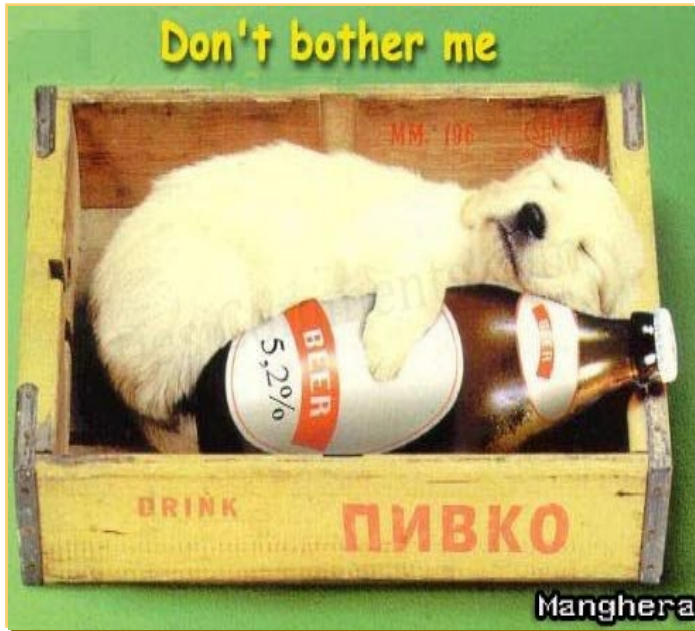


Consider "Stages of Change"



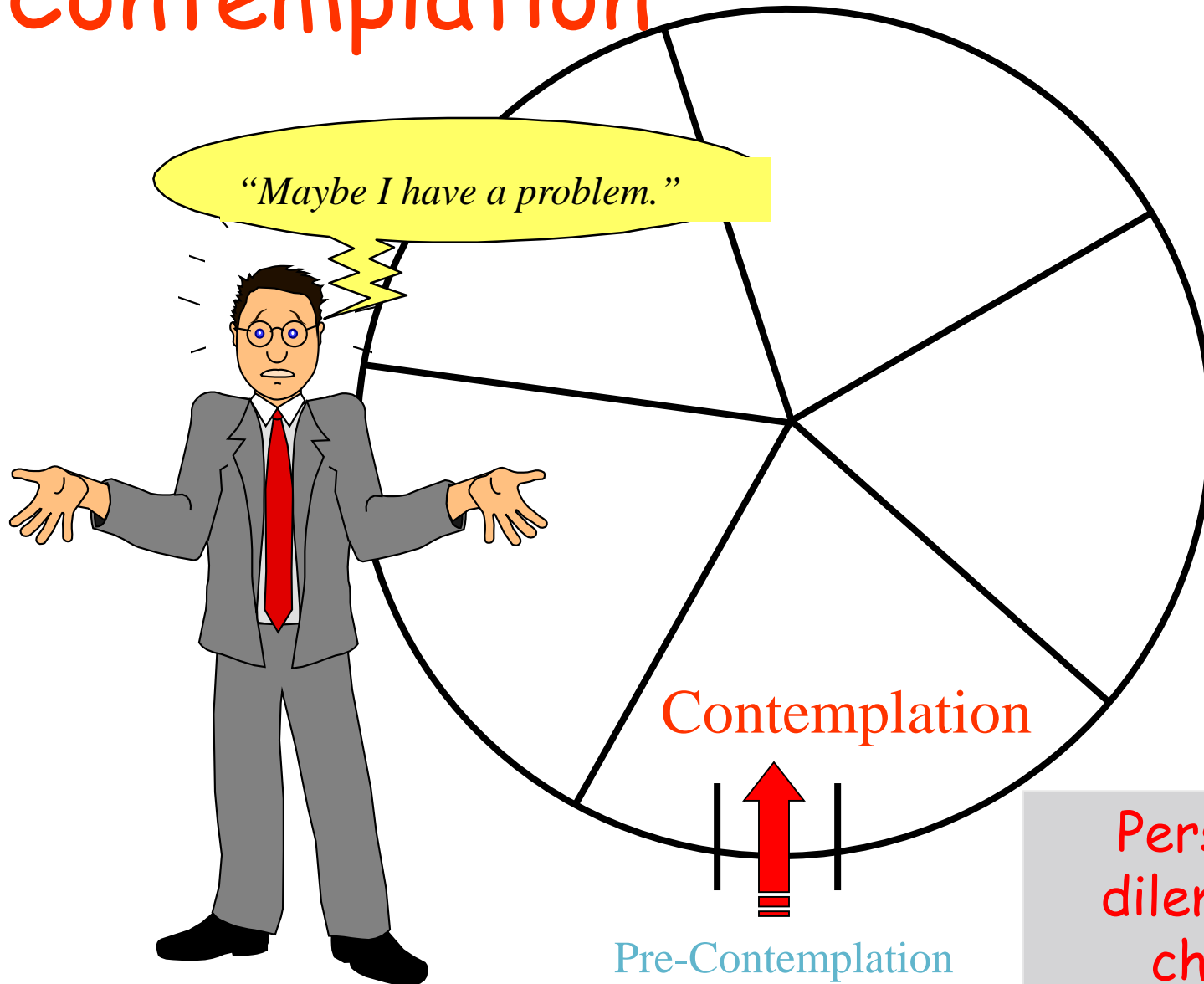
Pre-Contemplation

"I don't have a problem"



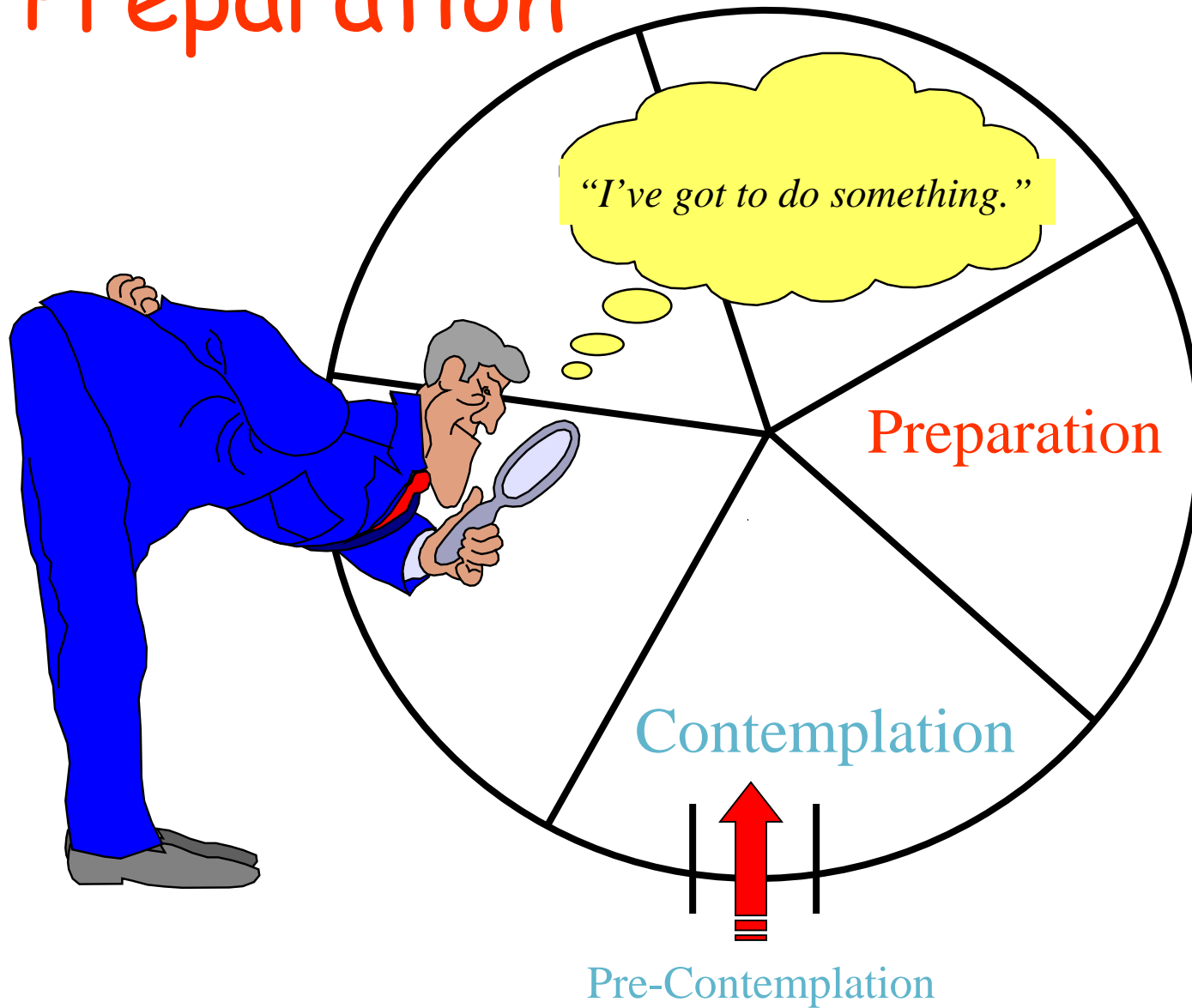
Person is not considering or does not want to change a particular behavior.

Contemplation



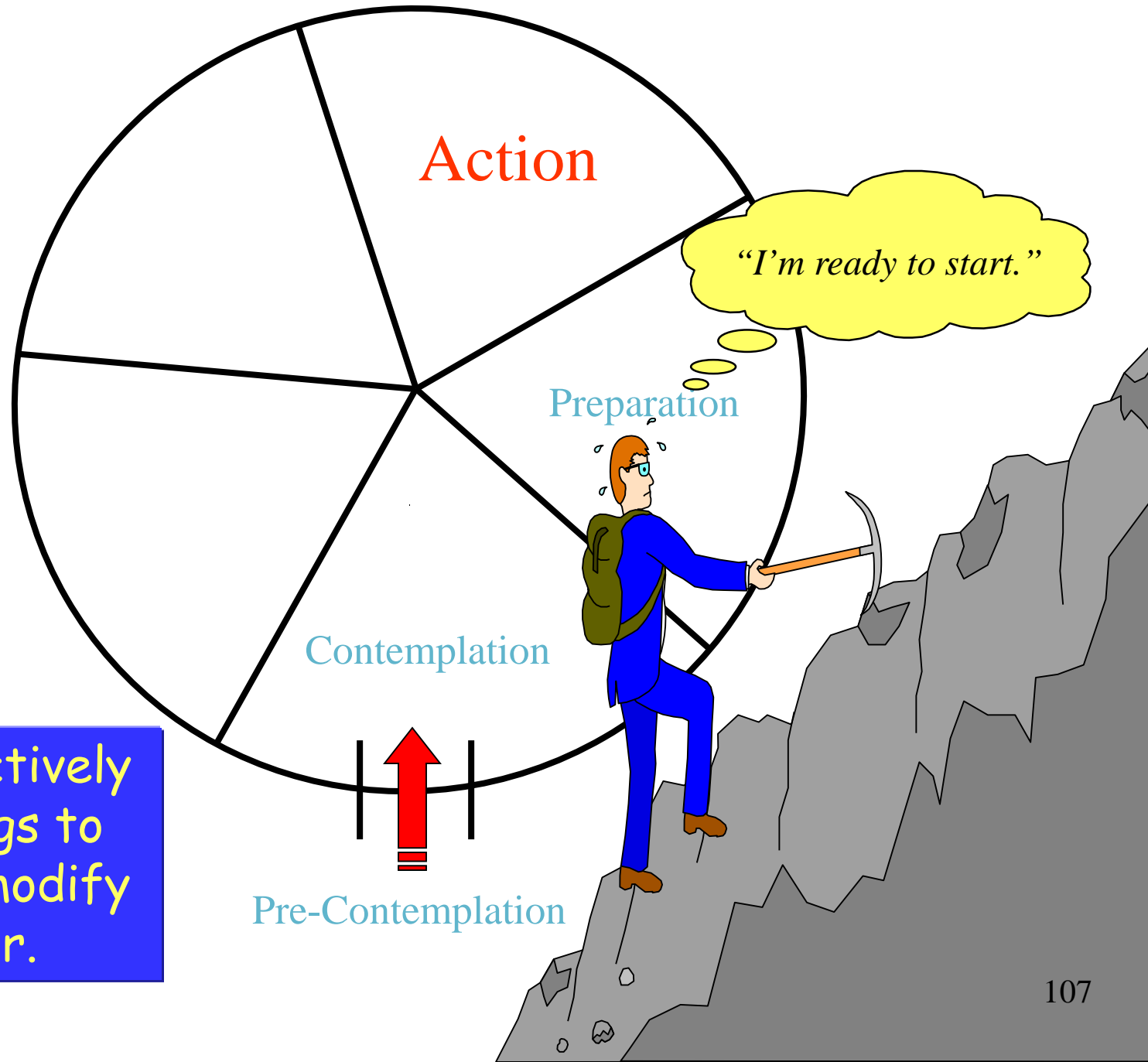
Person is in a dilemma about changing a behavior.

Preparation



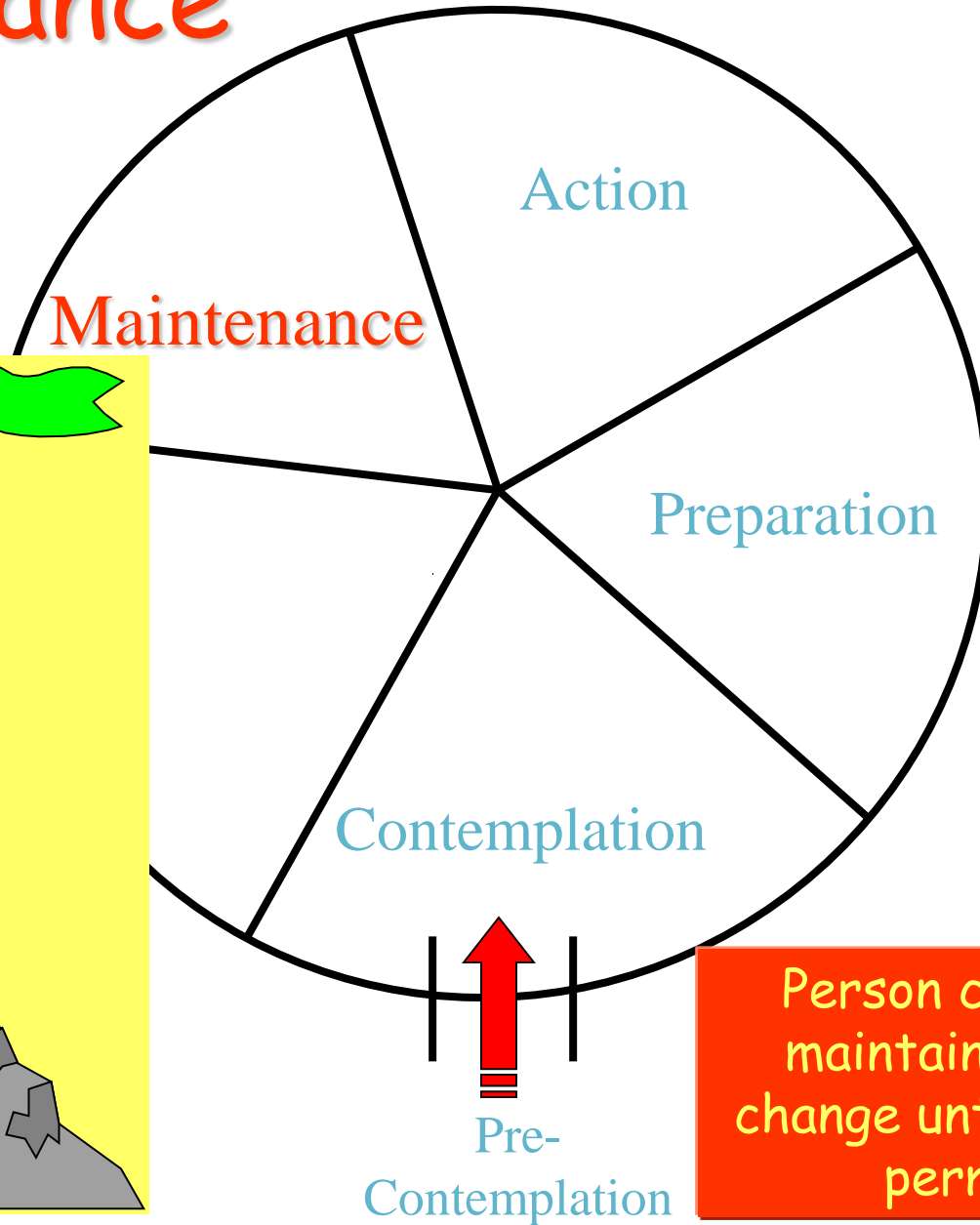
Person is seriously considering & planning to change a behavior and has taken steps toward change.

Action



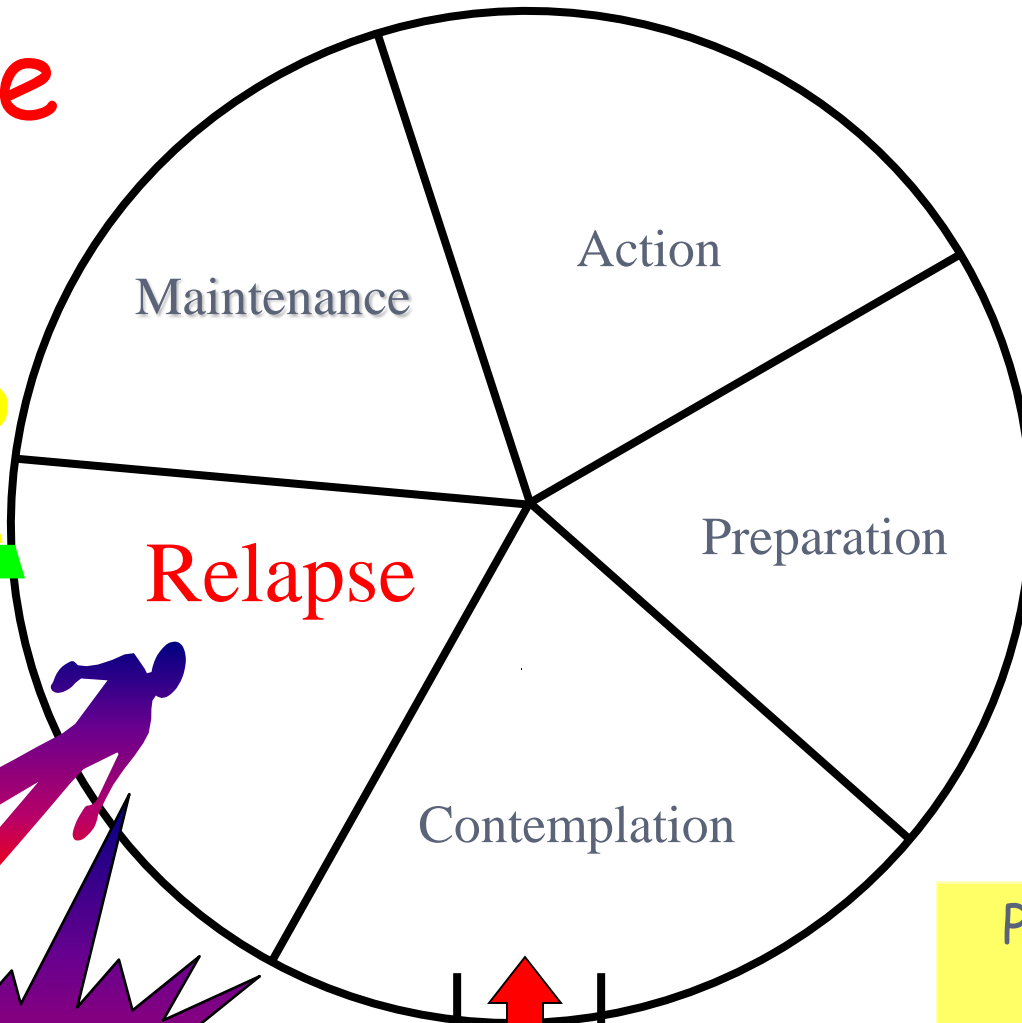
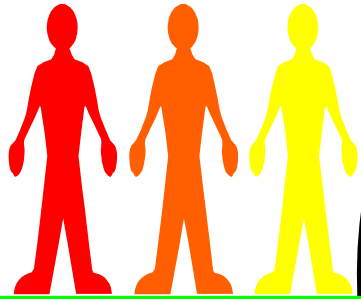
Person is actively doing things to change or modify behavior.

Maintenance



Person continues to maintain behavioral change until it becomes permanent. 108

Relapse



Relapse

Maintenance

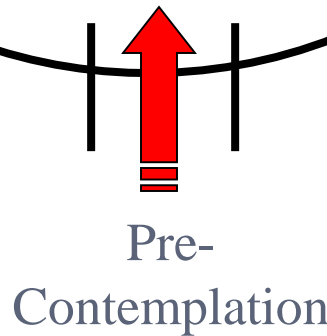
Action

Preparation

Contemplation



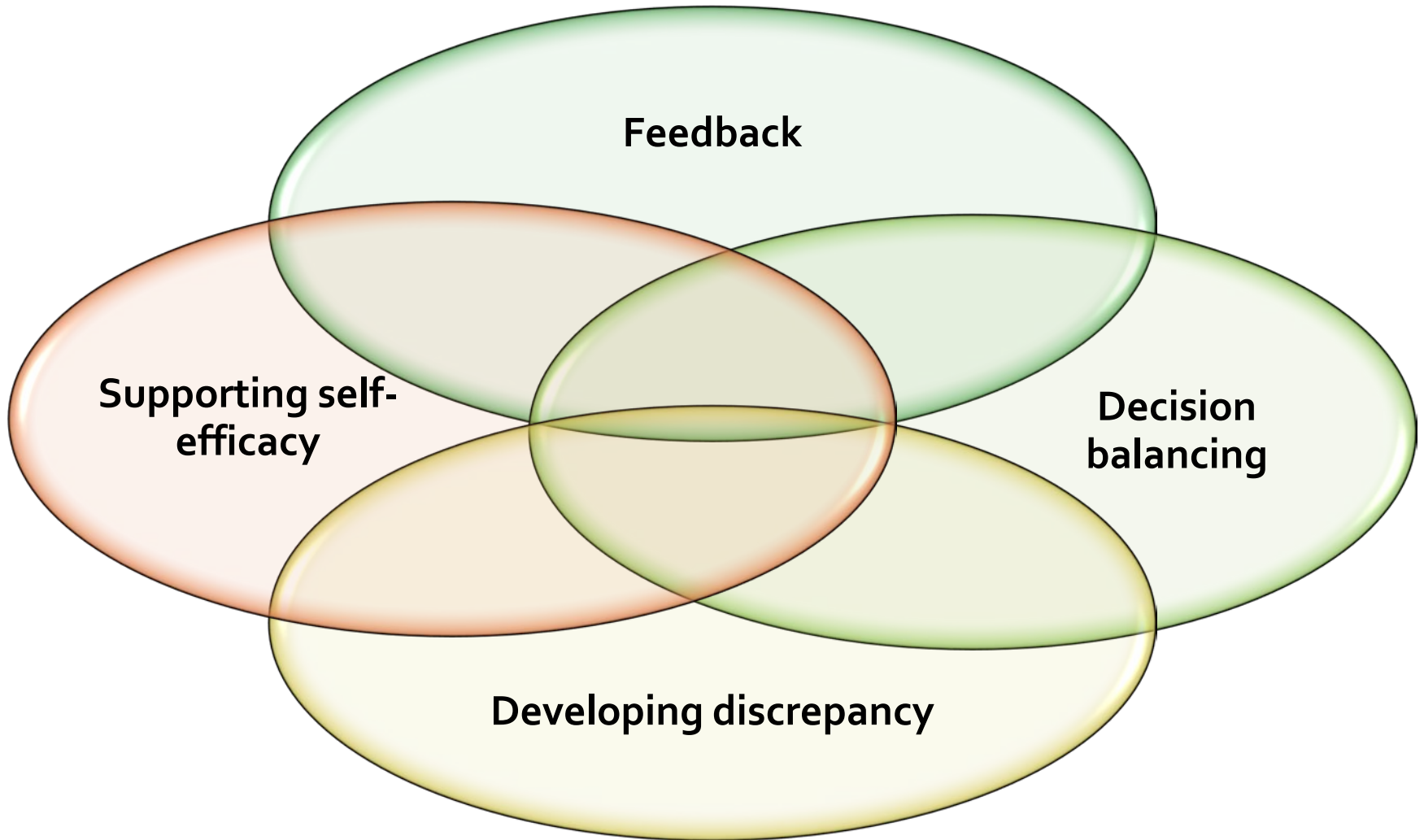
"What went wrong?"



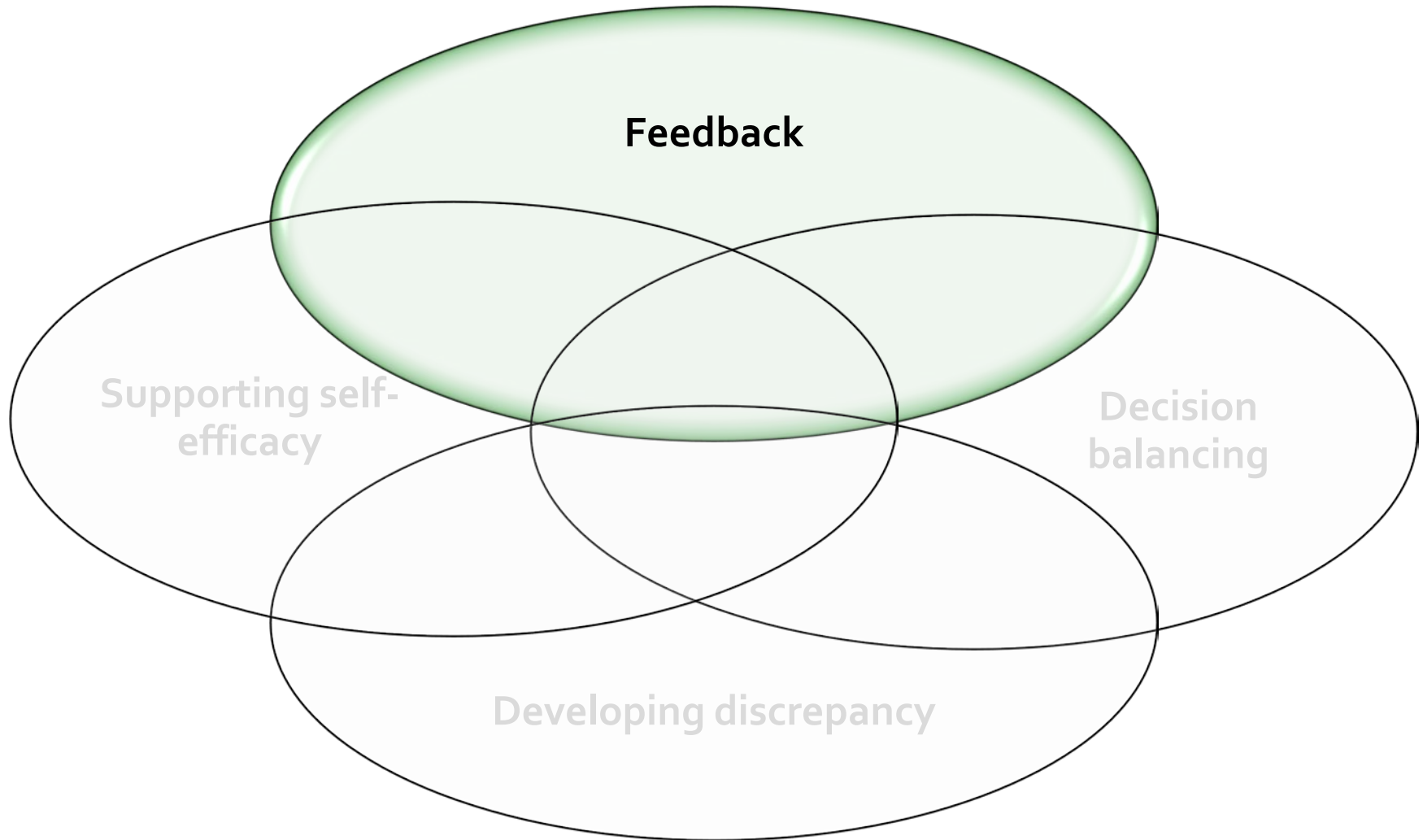
Pre-Contemplation

Person returns to pattern of behavior that he or she had begun to change.

strategies/techniques for enhancing motivation



strategies/techniques for enhancing motivation

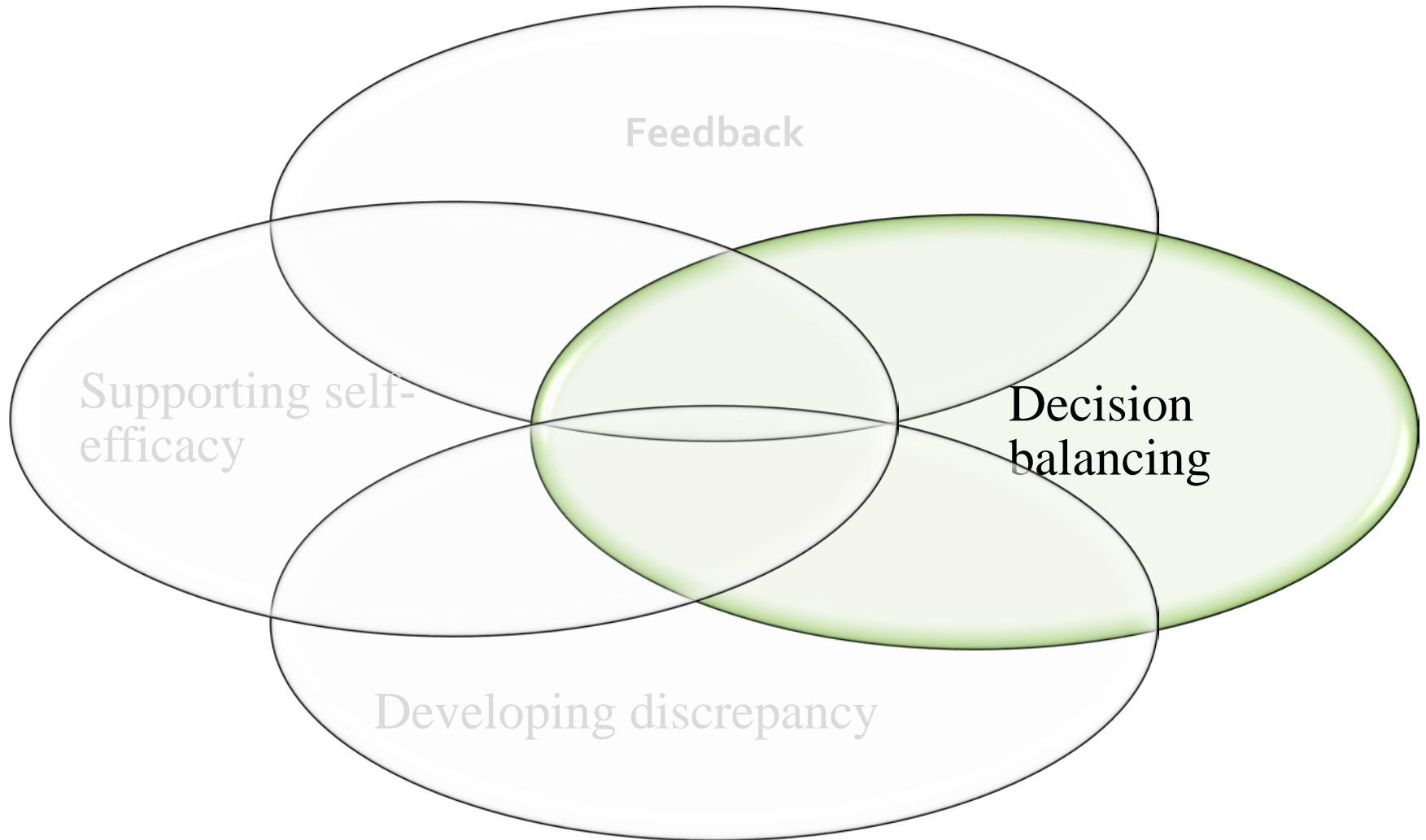


feedback

- Personalised feedback of negative Consequences of substance use
 - Health
 - Socio familial.
 - Occupational.
 - Financial.
 - Legal
- *The feedback should be based on the examples of the patient's life.*
 - *Eliciting the harms the patient himself had experienced and reflecting it back to the patient*



strategies/techniques for enhancing motivation



Decision balancing

- The individual is enabled to weigh
 - the benefits of change vis a vis benefits of staying the same
and
 - compare it with cost of staying the same vis a vis cost of change.

Decision balancing



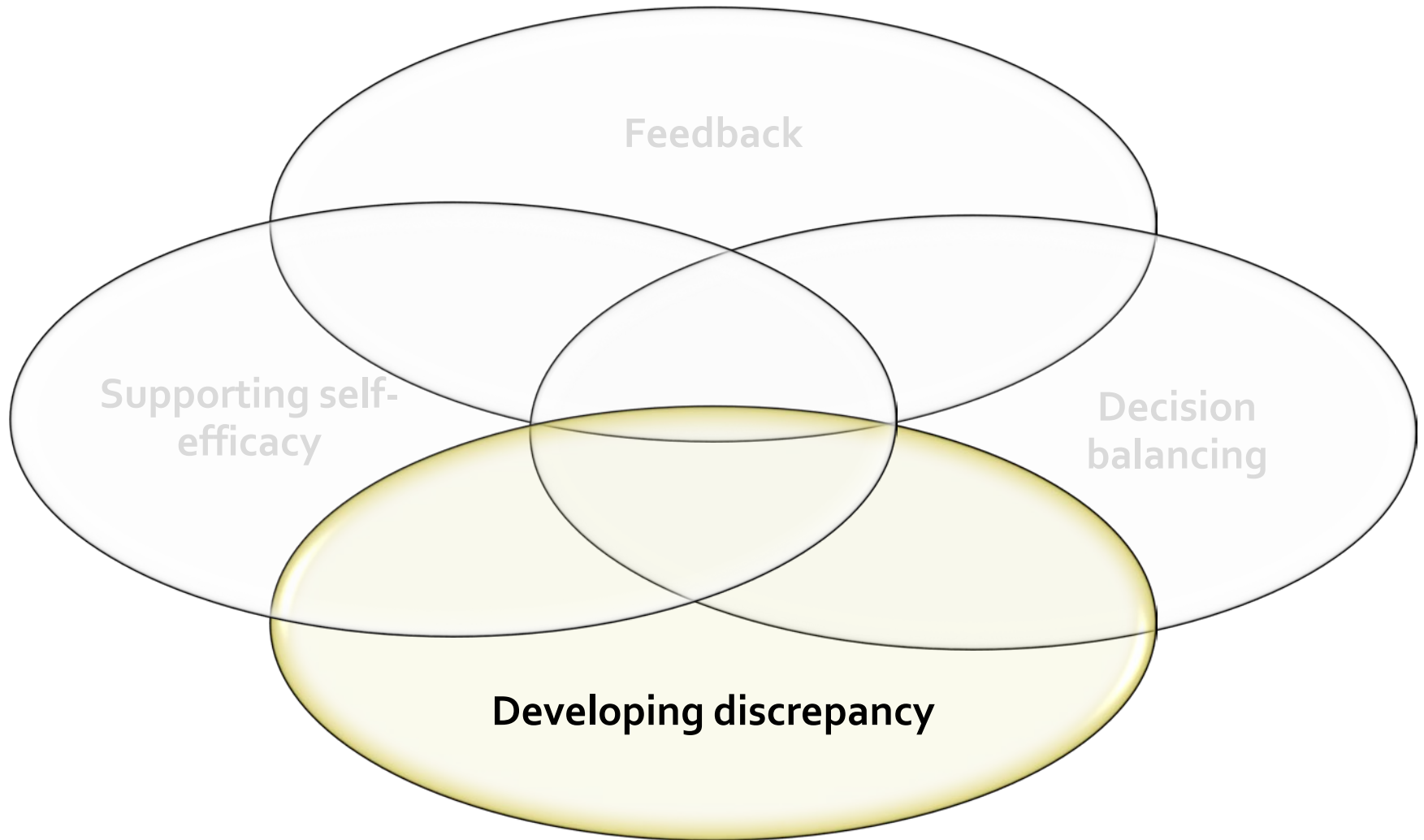
Benefits of
change
Cost of staying
the same



Cost of change
Benefits of
staying the
same



strategies/techniques for enhancing motivation



DEVELOPING DISCREPANCY

- Enable the patient to compare his quality of life with other non users (friends and relatives), and help him to think where he is vis a vis where he wanted to be
- ***Discuss Life goals of the patient and how drug use can hamper in achieving these.***

Developing Discrepancy

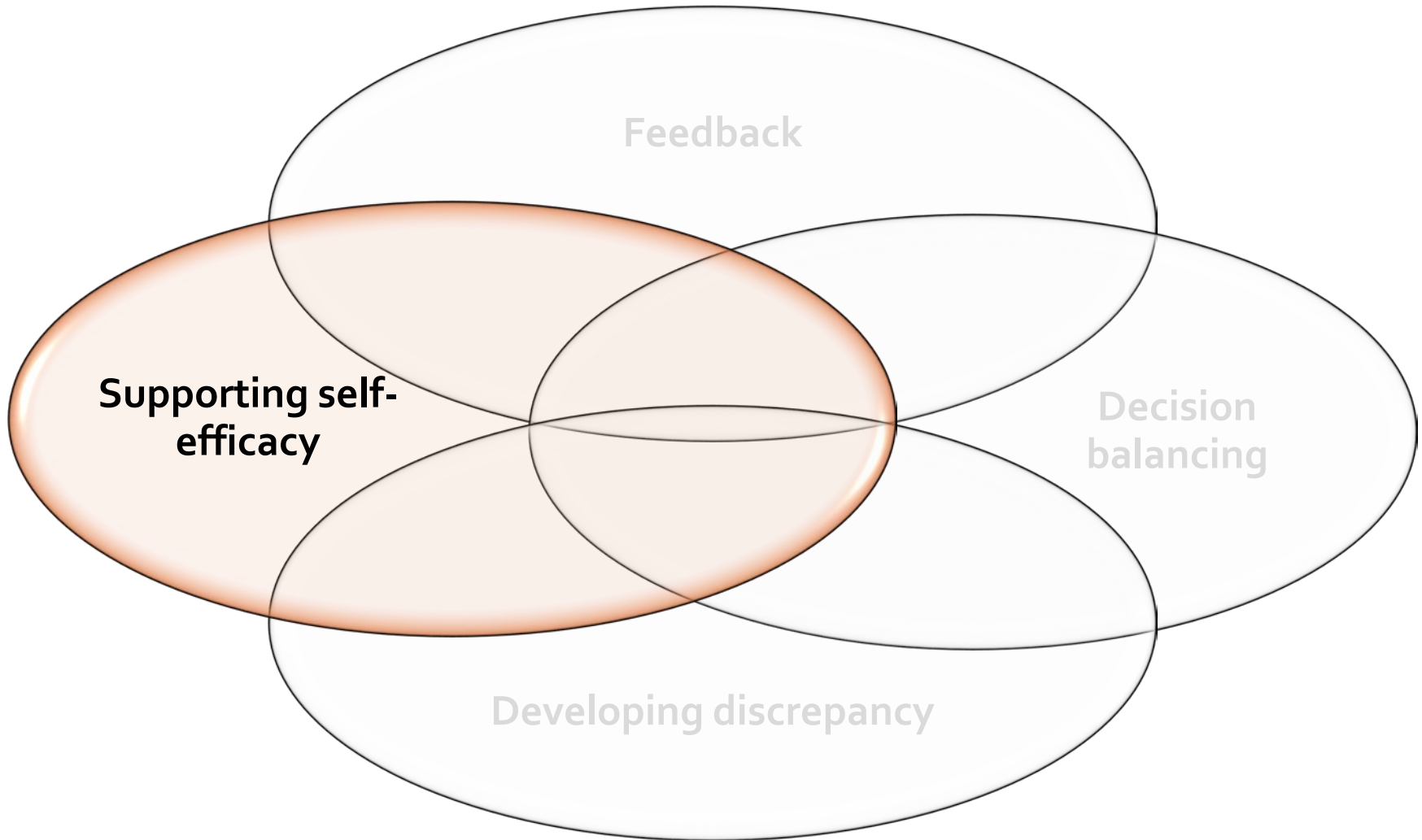
- Time line:



Developing Discrepancy



strategies/techniques for enhancing motivation



SUPPORTING SELF EFFICACY

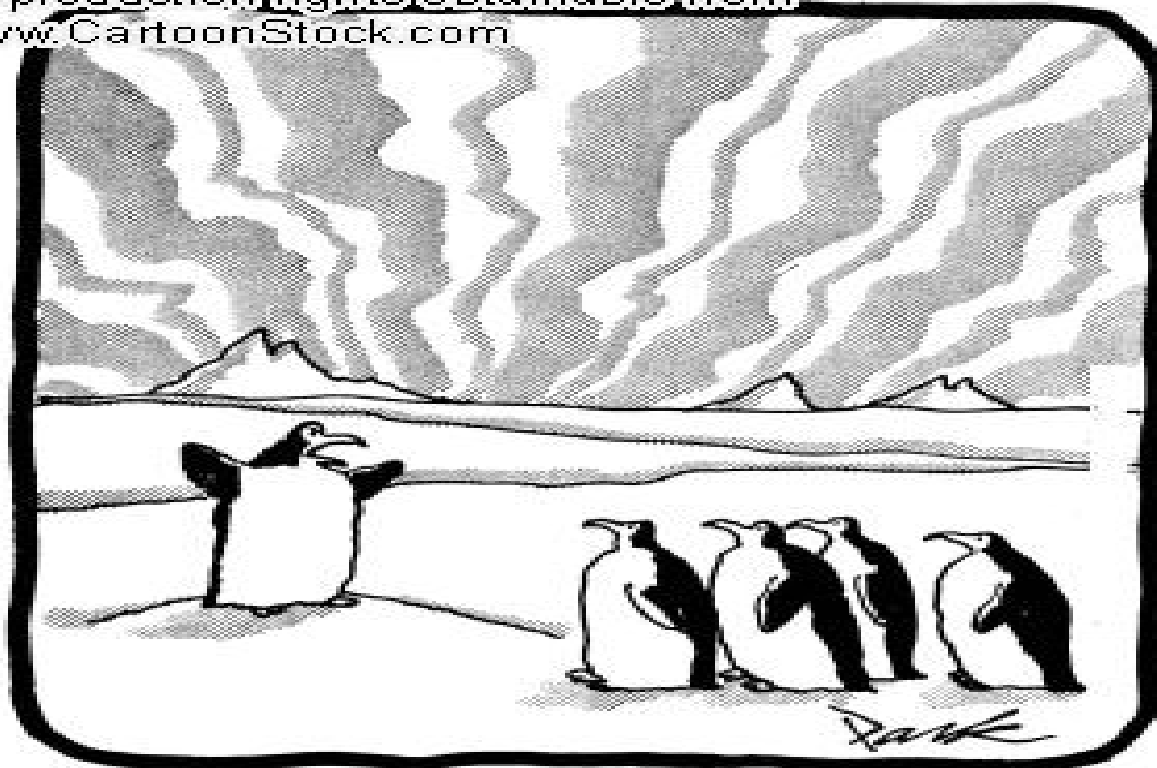
- Instilling hope by telling the patient that
 - “the goal is achievable”
 - “you can do it”

Some individuals do not attempt behaviour change thinking that the goal is too difficult to achieve

SUPPORTING SELF EFFICACY

- In © Original Artist
Reproduction rights obtainable from
www.CartoonStock.com

So
thi



search ID: wpa0470

"Are we birds? Are these wings? Well, let's get rid of this idea that we can't fly!"

How does MET work

Increasing the importance of change

The therapist holds a mirror that reflects the client's discrepancies between the current and the ideal and elicits talk of change

Clients gain the ability to see themselves as they would like others to see them

Bolstering confidence in change

The therapist holds a positive view of the client's efficacy and esteem

This is shown by:

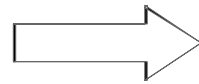
- empathy
- acceptance
- interest
- sidestepping of hostility

This positiveness:

- supports the client's autonomy
- offers feedback
- fosters self-reflection
- gives choice
- reinforces commitment to change
- encourages small steps

Fig. 1 How motivational therapy works.

Contemplation



Action

