

Menu of Brief Interventions Aimed at Motivational Enhancement:

“What I want from treatment”

Aim: Engage client in setting treatment goals and develop a better understanding of the client’s treatment goals.

Process: Have client complete survey about what they want from treatment. The survey includes sections on addictive behaviors, other concerns, and kinds of treatment, as well as an open-ended prompt. Discuss results with client as part of a collaborative process of setting treatment goals.

Decisional Balance

Aim: Explore the pros and cons of change, as well as not changing, with client. Use basic motivational interviewing techniques throughout process (e.g., rolling with resistance) in order to ideally tip the decisional balance towards change (matching the clients’ level of motivation/stage of change)

Process: Identify a specific change the client is considering. Discuss the pros and cons of both changing and not changing with the client utilizing the decisional balance worksheet. Complete process for each potential change the client is considering.

Readiness Ruler

Aim: Asses how ready client is for change (to quit or cut down) across a variety of substances.

Process: Have the client identify where there are on the readiness ruler for each type of substance. Discuss the results with the client, including identifying what it might take for them to shift towards being “more ready” to change.

Values Card Sort

Aim: Identify values that are important to the client. Eventually utilize the knowledge of the client values to aid in their change process.

Process: (More detailed instructions are also available) Place 5 anchors cards in front of client, from least to most important. Give client 50 value sorts and instruct them to place the cards in the appropriate importance anchor. Take 10 cards identified as most important and have client again arrange them in order of importance.