

STAGES OF CHANGE/TRANSTHEORETICAL MODEL

Motivational interviewing is a way of being present with a client. It goes beyond a set of techniques for doing counseling (Miller and Rollnick, 1991). It is a practice modality that recognized that individuals goes through a series of stages - precontemplation (PC), contemplation (C), preparation (PR), action (A), and maintenance (M) - in the adoption of healthy behaviors or cessation of unhealthy ones (Prochaska & Velicer, 1997).

Resource Links:

- 1) <https://www.bcm.edu/education/programs/sbirt/index.cfm?pmid=25042>
- 2) [https://www.govst.edu/uploadedFiles/Academics/Colleges_and_Programs/CHHS/Departments/Addictions_Studies_and_Behavioral_Health/2nd session%20stages.pdf](https://www.govst.edu/uploadedFiles/Academics/Colleges_and_Programs/CHHS/Departments/Addictions_Studies_and_Behavioral_Health/2nd_session%20stages.pdf)