



Training Workshop:

MOTIVATION TO CHANGE

Motivations to Change & the Stages of Change

Change interventions are sometimes necessary in life to address lifestyle modifications, aimed at preventing further issues. Motivation often focuses on the person's failure and why they failed the last time. Understanding a person's readiness to make change, appreciating the barriers to change and helping individuals anticipate relapse, can better improve outcomes and reduce frustrations.

Some recommendations are "just do it". Others provide extensive open door for re-visits to professionals for continued support and often they incorporate behaviour modification techniques, frequently alongside record keeping suggestions, with follow up to the professional.

Repeated educational input is not always successful and indeed can become rather frustrating, because the patient knows the downside of the continued behaviour, but find themselves impotent to overcome. Further information and education can add to the frustration.

The concept of behaviour change refers to the measurable modification of behaviour.

Motivational interviewing

The concept of motivational interviewing evolves from experience with the treatment of alcoholics. A definition of motivational interviewing: it is a directive client-centred counselling style for eliciting behaviour change by helping clients to explore and resolve ambivalence.

Something Else

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We offer individually tailored sex addiction therapy and porn addiction counselling around the UK.
We also provide support for partners and couple counselling.

“Do you have challenges in your life – a life not yet fully under your control because of repeated behavioural patterns?”

We help people reclaim their lives and be the best they can be by taking back control over compulsive & addictive behaviours without it bringing increased shame and eventually bringing colour back to life.