

**Supported Employment
Stages of Change and
Motivational Strategies**

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Think Differently Today



**Our
Experiences
with
Change**

**Some things you might want
to change:**

Being told what to do	Working irregular
Financial situation	Feeling isolated
Feeling unsafe	Relationships
Employment	Residence
Community health	Feeling overwhelmed
Substance use	Spiritual practices

**Some things people you work
with might want to change:**

Being told what to do	Working irregular
Financial situation	Feeling isolated
Feeling unsafe	Relationships
Employment	Residence
Community health	Feeling overwhelmed
Substance use	Spiritual practices

**Motivational Interviewing
&
Motivational Strategies**