

Supported Employment Stages of Change and Motivational Strategies

Missouri Department of Mental Health

David W. Lynde, MSW
Christine M. Powers, MSW
Mental Health Consultant & Trainers

Think Differently Today



Our Experiences with Change

Some things you might want to change:

- | | |
|-------------------------|-----------------------|
| • Being told what to do | • Smoking cigarettes |
| • Financial situation | • Feeling anxious |
| • Feeling unsafe | • Relationships |
| • Employment | • Residence |
| • Unhealthy habits | • Feeling overwhelmed |
| • Substance use | • Spiritual practices |

Some things people you work with might want to change:

- | | |
|-------------------------|-----------------------|
| • Being told what to do | • Smoking cigarettes |
| • Financial situation | • Feeling anxious |
| • Feeling unsafe | • Relationships |
| • Employment | • Residence |
| • Unhealthy habits | • Feeling overwhelmed |
| • Substance use | • Spiritual practices |

Motivational Interviewing & Motivational Strategies