

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
- Financial situation
- Feeling unsafe
- Employment
- Unhealthy habits
- Substance use
- Smoking cigarettes
- Feeling anxious
- Relationships
- Residence
- Feeling overwhelmed
- Spiritual practices

Some things people you work with might want to change:

- Being told what to do
- Financial situation
- Feeling unsafe
- Employment
- Unhealthy habits
- Substance use
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- Relationships
- Residence
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Motivational Interviewing & Motivational Strategies