‘Ready 4 Change’

A Group Therapy Programme based on Motivational Interviewing Principles
‘Ready 4 Change’ Programme

- Promote treatment readiness

- Enhance motivation to engage in treatment

- Enhance motivation to facilitate further change, and engagement in more challenging offence specific psychological treatment programmes
Theoretical Underpinnings

- Emphasis on empathy, optimism and respect for client choice (Rogers, 1961)
- Stages of change model (Prochaska, DiClemente and Norcross, 1992)
- Self-Determination Theory (SDT), (Ryan & Deci, 2000)
Motivational Interviewing Approach

- Collaborative approach, therapist facilitates the change process
- Change for external reasons is often weak and short lived (Ryan & Deci, 2000)
- Techniques to enhance internal motivation need to be utilised
- Exploring and resolving ambivalence (Miller & Rollnick, 2002)
Motivational Interviewing Approach

Three basic factors underpinning internal motivation:

1. Autonomy
2. Competence
3. Supporting relatedness
Pre- and Post-Treatment Assessments

Corrections Victoria Treatment Readiness Questionnaire (CVTRQ)

University of Rhode Island Change Assessment Scale (URICA)

Personal Concerns Inventory- Offender Adaptation (PCI-OA)
‘Ready 4 Change’ Programme Format

**Session One:** Introducing the programme, introducing ourselves.

**Session Two:** Identifying important life goals.

**Session Three:** Thinking about the things that ‘get in the way’ of us achieving our goals, and beginning to think about ways to deal with the barriers.

**Session Four:** Thinking about how people change.

**Session Five:** How ready for change am I?

**Session Six:** Why is changing so difficult? Thinking about the pro’s and con’s of changing.

**Session Seven:** Building confidence to change.

**Session Eight:** Creating change plans for the future.
‘My future goals’
‘My getting in the way wall’
‘Breaking through my wall’
‘Ready 4 Change’ Programme Format

‘Stages of change’

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance
- (Relapse)

Taking quality to the highest level • Working together • Caring safely • Uncompromising integrity • Valuing people
<table>
<thead>
<tr>
<th>'Good things’ about: Aggression</th>
<th>'Not so good things’ about: Aggression</th>
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<tbody>
<tr>
<td>Gets the anger out of me and releases tension</td>
<td>I will feel bad about myself afterwards</td>
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<tr>
<td>Other people will take me seriously which makes me feel powerful</td>
<td>People might be scared of me</td>
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<tr>
<td>I get what I want by using aggression</td>
<td>Risk of injury to myself or others</td>
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3. Things I need to do to get ready to make the change...Start treatment, learn new ways to cope.

1. What I want to change...How to deal with my anger - stop hurting others.

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‘Tim’s change plan’

What I am trying to change? How I deal with my anger. I want to stop damaging things and hurting people by being aggressive.

The most important reasons why I want to make this change are? I want to live back out in the community, have relationships with people who don’t feel scared of me.

My goal for changing…my aggression…is to…find new ways to deal with my anger.

These are the steps I plan to take to work towards my goal.
Taking quality to the highest level • Working together • Caring safely • Uncompromising integrity • Valuing people

**Start**

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**Date when I'll do it...** After my group has finished. Think about individual therapy sessions after the group to get more help dealing with the problems from my past which still make me angry.

**Date when I'll do it...** During and after my group. Practice new ways of coping strategies to manage my anger.

**Date when I'll do it...** When the group starts. Learn new ways to manage my anger.

**Date when I'll do it...** When the group starts. I want to get better at understanding my anger problem so I can notice better when I'm getting angry.

**Date when I'll do it...** As soon as it starts. Join the anger treatment group when it starts.

**Date when I'll do it...** Next week. Start a behaviour chart.

**Date when I'll do it...** Now. Start using my coping strategies that I already know straight away – stress ball, count to ten, read my book, work on my picture, listen to music, talk to staff/1:1.
What obstacles might get in my way?

1. ‘Others might think I’m a push over’
2. Will just lose it / will all go wrong sooner or later
3. Will feel it is taking too long and feel like giving up
4. I won’t know what to do with the angry feelings inside

What will I do?

1) Tell others I’m not getting involved, need to focus on my treatment as I want to move on.

2) The group has helped me to identify high risk situations, and to prepare by using my coping skills. I am getting better at using these each day.

3) Ask for feedback at my CPA reviews; keep focussed on the next step.

4) Talking more and not bottling things up. Use my relaxation skills.
People who can help me:

Person

Staff

Psychology

Family

Way’s they can help

Give me 1:1 talk time, prompt me to use my coping skills

Attend my group/individual sessions

To give me encouragement, reassurance, love and support

I will know that my plan is working when I’m spending less time in the observation room or seclusion. When I’m feeling like I can talk to staff more instead of just bottling things up. I can also find out how my team feel when I go to my CPA reviews and they talk to me about my progress.
Thank you for listening

Any questions?
References


