

Stage of Change Vignettes

INSTRUCTIONS:

For each of the following clients:

- Identify the client's current Stage of Change? Explain.
- Suggest stage-specific interventions the counselor may use.

Mary is so proud of herself! She contacted AA and has gone to three meetings. She has not had any alcohol in the past 10 days. She no longer goes to "happy hour" with her friends at work, and her boss commented that her work has improved.

John has lost two jobs in the past year, both times due to lateness, absences, and missed project deadlines. John is wondering if his drinking with the boys on the weekend is beginning to affect his ability to focus. He realizes that he misses mostly Mondays and deadlines due to his continual headaches. John thinks, "Maybe I'll consider cutting down on my drinking."

Paul can hardly believe he hasn't been admitted to the hospital in the last 2 years. He is working with a case manager, seeing his therapist, and taking his medication. Since his last suicide attempt and diagnosis of bipolar disorder, he has been involved with support groups to address his mental illness. He is very proud that his relationship with his family has continued to improve.

Jane gets tired of everyone nagging her to stop smoking. It is bad enough that she can't smoke in restaurants any more and that the cost of cigarettes went up. Now she has to go outside to smoke. Jane wonders, "How do they expect me to finish my projects on time if I keep getting up to go outside to smoke?"

Joseph has been thinking about losing weight, but he just hasn't been able to start exercising as he used to. He has done some sit-ups for a few mornings the last 2 weeks and has gone to the gym twice. Joe called a couple of his friends to see if they would be interested in starting cycling at least once a week on weekends.