The Dynamics of Self-Motivation in Moving Clients Toward Change

Presenter: Linda M. Sutton, MA. LCPC
Private Practitioner: Tinley Park, IL 60477
Introduction
Objectives of Workshop ICA

- To understand the forces or properties that stimulate self-motivation in clients’.

- To help clinicians understand and assess level of motivation toward the change process.

- To take a look at how clinicians help prepare clients’ for lasting change.
Self-Motivation: The ability to do what needs to be done, without influence from other people or situations
What is the Client’s Intentions
The Lonely Client
“I just need someone to talk to”
The Overtly Anger Client
“I need just need to Vent (Release)!"
The Dear Abby Client
Need your advice/to bounce some things off you!
What does the Client...
Long-term Stress Effects 
Self-Motivation

Parasympathetic state
- (meditation)
  - ↑ Alpha waves
  - ↓ Beta waves
  - ↑ Mental focus
  - ↑ Cognition
  - ↑ Limbic system
  - ↑ Memory
  - Homeostatic state
  - ↑ Cardiorespiratory Synchronization 1:4
  - ↓ Heart rate
  - ↓ Respiratory rate
  - ↓ Blood pressure

Neutral
- Limbic system ↑
- Brain
- Body
- Heart
- Lungs
- Peripheral autonomic state
- Cardiorespiratory Synchronization ↓

Sympathetic state
- (stress)
  - ↓ Alpha waves
  - ↑ Beta waves
  - ↓ Mental focus
  - ↓ Cognition
  - ↓ Limbic system
  - ↓ Memory
  - Homeostatic state
  - ↓ Cardiorespiratory Synchronization 1:2
  - ↑ Heart rate
  - ↑ Respiratory rate
  - ↑ Blood pressure

Representation of Mind-Body Response During Meditation and Stress
Basic Necessities?

- Food?
- Clothing?
- Shelter?
What Stage of Change Process is The person in?

- Precontemplation Stage—No thought
- Contemplation Stage—Thinking about
- Preparation Stage—Intentions/goals/purpose/plan
- Action Stage—Change in *motion*
- Maintenance Stage—Keeping it moving
- Relapse Stage—I have fallen and I can’t get up
Stages of the Change Process Cont’d

1) Loss/Fear/Maladaptation/Dysfunction

2) Doubt = Skeptical/Resistance (*Promote Competency!*)

3) Discomfort to Motivation = Anxiety/Unproductiveness

4) Discovery to perspective = Anticipation/Energy/Resourceful

5) Understanding to awareness = Confidence/Productivity

6) Integration to flexibility = Satisfaction

Distraction Stage – Off focus
Helping Clients’ Find Their C.A.R.

Does the client feel a sense of...

- Competencies
- Autonomy
- Relatedness
Why Counseling Now? Why Change Now?
What would you be doing differently?
What would you get out of it?
How would you feel?
How would your new behavior effect your relationship with others?
Promoting the vision of change
What would it look like?
1. roller skating
2. painting
3. playing chess
4. cooking
5. looking after pets
6. watching films
7. reading
8. collecting stamps
9. singing
10. making models
11. listening to music
12. using the computer
13. skateboarding
14. going on a picnic
15. dancing
16. taking photographs
What are the client’s Strengths? (Tools for Use)

- Positive self-attributes (Personal Strengths)
- Competence (work, school, wife, parent etc.)
Client Outcome...Expectancy
Based upon my experiences with clients’

- Attending Sessions
- Participating in Sessions
- Doing homework assignments

“In other words what you put in it is what you get out of it”
Spirituality/Religious Background

- Tools for use?
Physical

Diet, Exercise, Sleep!
Music has Power...

- To Motivate
- or
- To Deflate
Support Systems?
Mindfulness Meditation

- Focus
- Distraction
- Focus