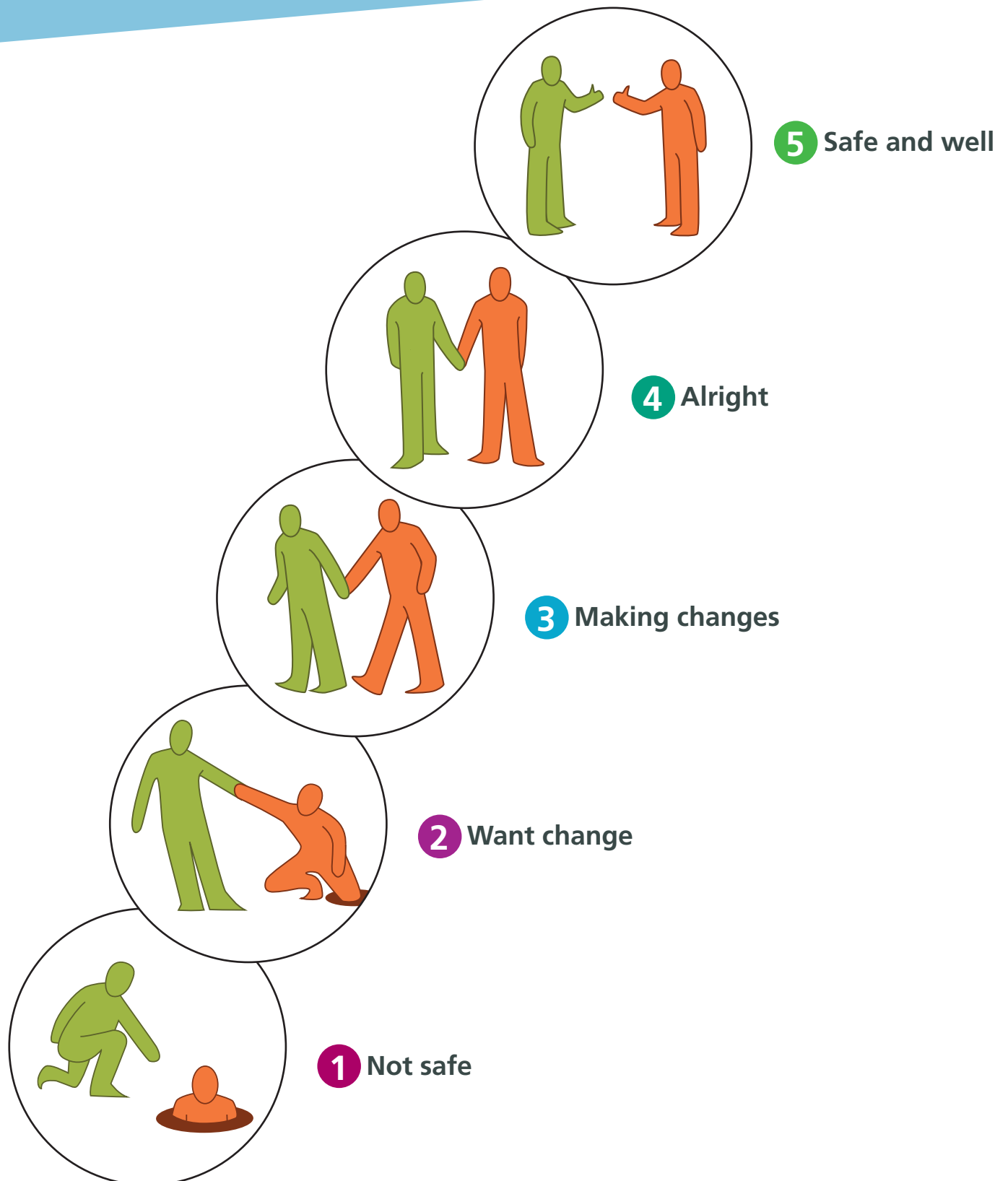



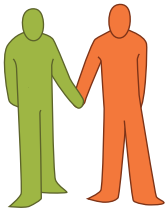


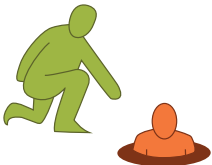
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Session 3: Journey of Change handout



How the Journey of Change can help inform interventions

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Journey of Change stage	Possible approaches and actions that could be agreed
Safe and well 	<ul style="list-style-type: none"> • Continue to reinforce the learning that has taken place • Acknowledge that some people may find it hard to let go of professional help but be clear that this specialist support is ending • Ensure they are connected to sources of support to maintain progress, such as self-help groups, a supportive family, friends and colleagues • Ensure they know how to spot the warning signs and seek help again if needed in the future.
Alright 	<ul style="list-style-type: none"> • Celebrate their achievements • Support them to deal with manageable difficulties themselves • Offer more support through setbacks or larger difficulties • Help them reflect on and learn from their experiences.
Making changes 	<ul style="list-style-type: none"> • Offer sufficient support and encouragement • Help the client to identify specific goals and small, practical, achievable steps • Help them take actions rather than do it for them • Use opportunities for learning and reflection.
Want change 	<ul style="list-style-type: none"> • Improve the client's situation by giving practical support • Set up appointments and maybe accompany them • Help the client set achievable goals with guidance on practical steps • Build on any signs of greater confidence and initiative.
Not safe 	<ul style="list-style-type: none"> • Focus on safety – prevent or minimise harm • Provide feedback, education and information • Sort out pressing practical issues on the client's behalf • Develop trust and start to build a relationship.