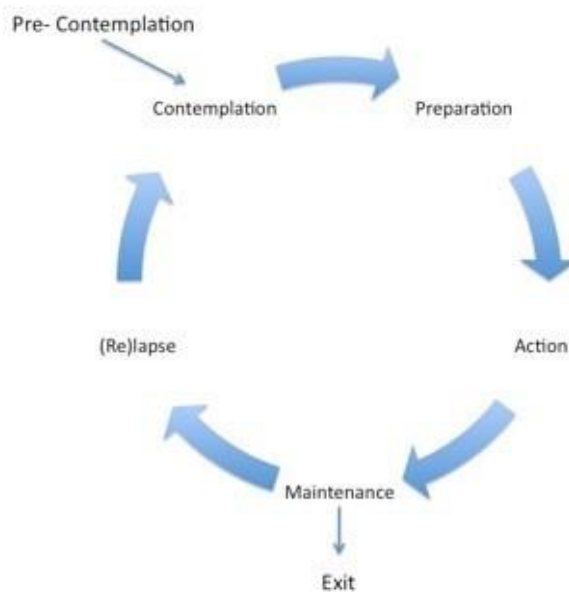


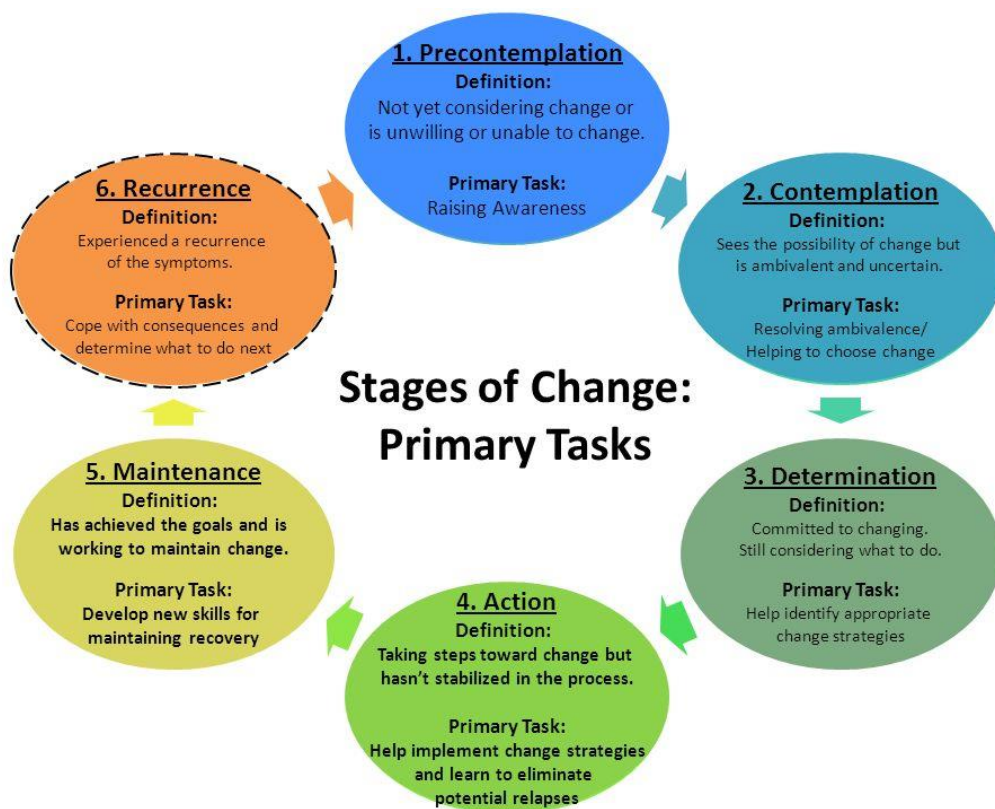
Sexual Health Interventions

- What is the purpose of a health intervention?
- Behaviour Change and MI
 - Origins in Alcohol and Drugs rehab
 - Resolves ambivalence
 - Identifies value systems, abilities, barriers and readiness for change
 - Dancing not wrestling
 - Ethics
 - Person Centred form of Refined Counselling
 - “Spirit of MI”
 - RULE
 - The guiding principles of MI:
 - Resisting the Righting Reflex – the want to fix
 - Understanding the client
 - Listening with empathy
 - Empower the client
 - OARS
 - The skill set of MI:
 - Open Questions
 - Affirmations
 - Reflections
 - Summaries
- Theory
 - Transtheoretical Model uses the Stages of Change to integrate the most powerful principles and processes of change from leading theories of counselling and behaviour change
 - Cycle/Stages of Change model (Prochaska and DiClemente)
 - Appendix 1
- Making Every Contact Counts (PHE and NICE guidance)
www.makingeverycontactcount.co.uk
- What is a Brief Intervention?
 - Raising a subject, in a non-threatening way, that moves a person forward (toward change or action).
 - Movement round the model
 - SMART
- How is it applied to Sexual Health? - Structures and Methods
 - How? and What? - evocation
 - EPE (Elicit, Provide, Elicit) – information provision
 - Scaling (Confidence and Ability) – readiness for change

Appendix 1



From: <http://www.mindtomuscle.ca/news-article.php?id=19>



From: **People Recover: National Screening, Brief Intervention and Referral.**

Published by [Griffin Hampton](#)