Models of Change

Reflection Moment

1. What model of change do you align most closely with? Why?

2. What model of change have you used when working with clients? Was it effective? Why or why not?

This worksheet is from Self-Care for Counselors by Dr. Debra Majewski. It is shared under the CC BY 4.0 license with initial funding from the Illinois Secretary of State/Illinois State Library OER Grants. It is disseminated via the Open Education Resource (OER) LibreTexts Project (https://LibreTexts.org).