

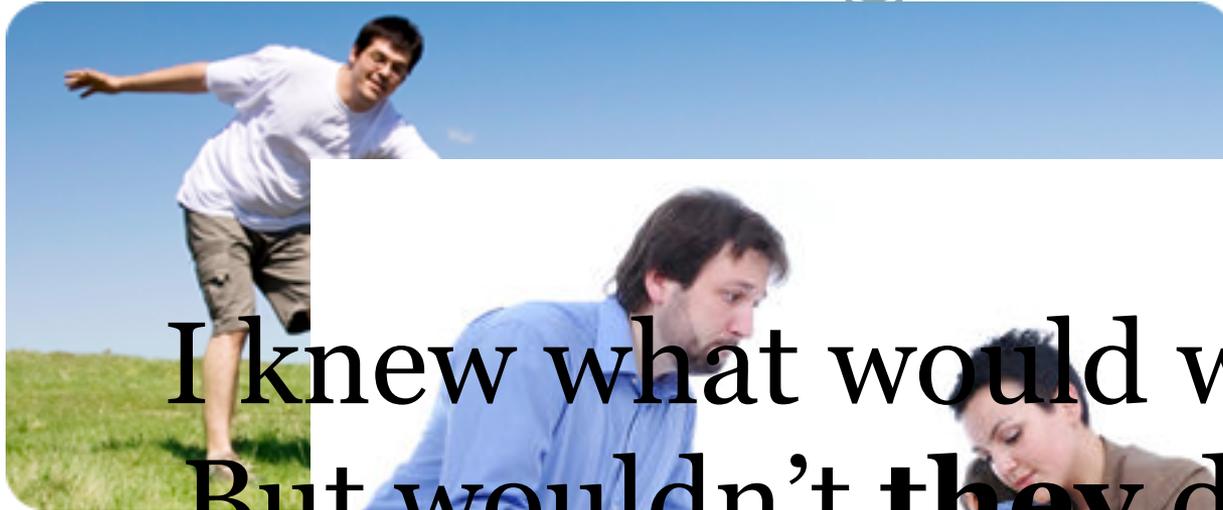
Wondering what a
Psychologist has to offer?



**I WAS A
MICROBIOLOGIST**

& THEN

I became a Trainer of Dog Owners and Parents



I knew what would work!
But wouldn't **they** do it?





The Problem



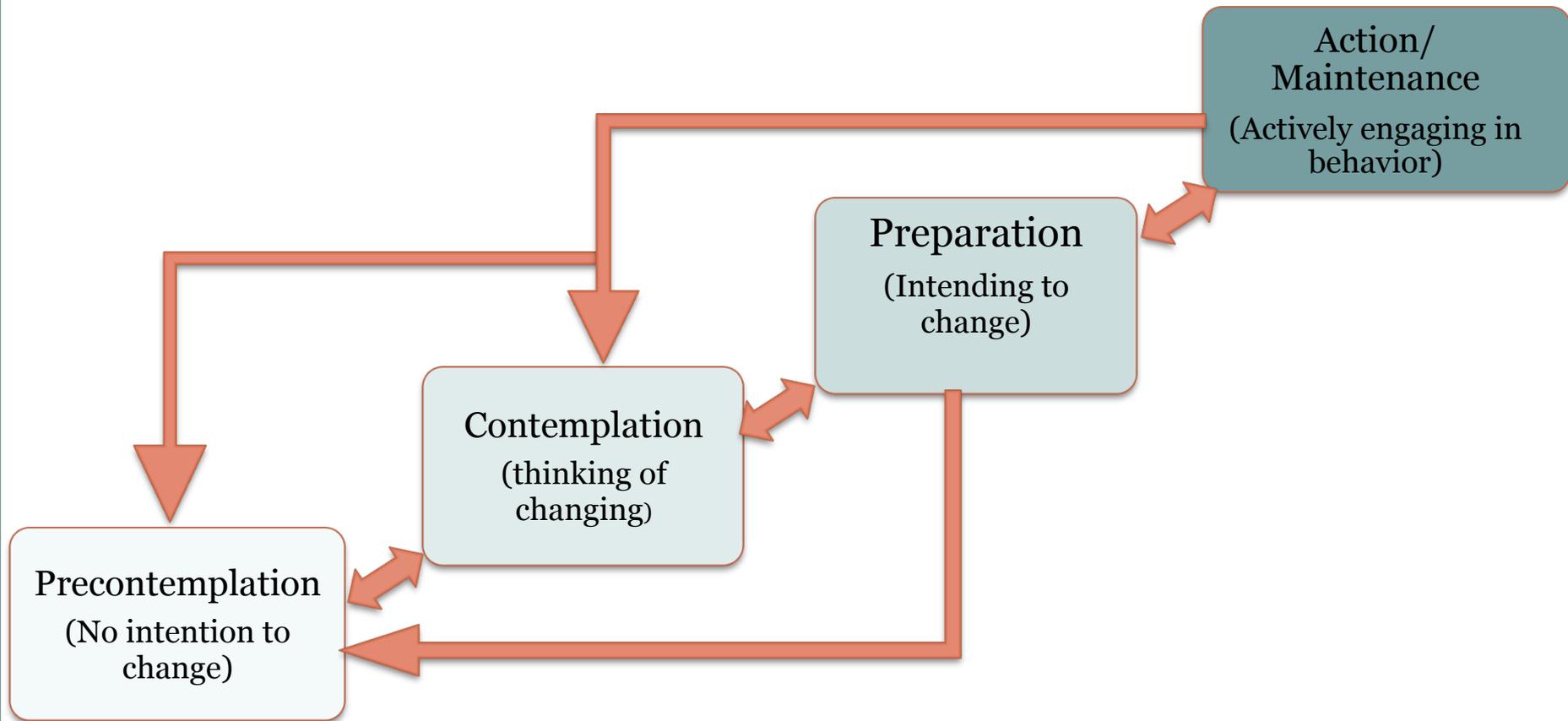
“There is something
in human nature
that resists being coerced
and told what to do.”

(Rollinick, S., Miller, W. R., & Butler, C. C. (2008). *Motivational interviewing in healthcare: Helping patients change behavior*. New York/London: The Guilford Press.)

Transtheoretical Model of Change



(Prochaska, Norcross & DiClemente, 1992)



A tale of two threats

They are both:

- Unexpected
- Come and Go
- Minor to catastrophic
- Acute and enduring



Human Response:

- Avoidance the Experience
- Think about something else

BUT

Outcomes are better if we plan for them

Along Comes Mitch: Preparing for Drought

Protection Motivation

Health Action Process Approach

