

# Intentionality and OARS

Session 5



***ENHANCED PROFESSIONAL  
LEARNING SERIES***



Mountain Plains ATTC (HHS Region 8)

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Session 5 Agenda



Review of Learning Activity from Session 4



Intention & Timing



The ~~RIGHT~~ *Effective* Tool for the Job



Being Intentional



The Story of OARS and the Change Goal



Discuss Session 6 Learning Activity

Let's talk  
about last week's  
Learning Activity!



# Session 5 Learning Activity

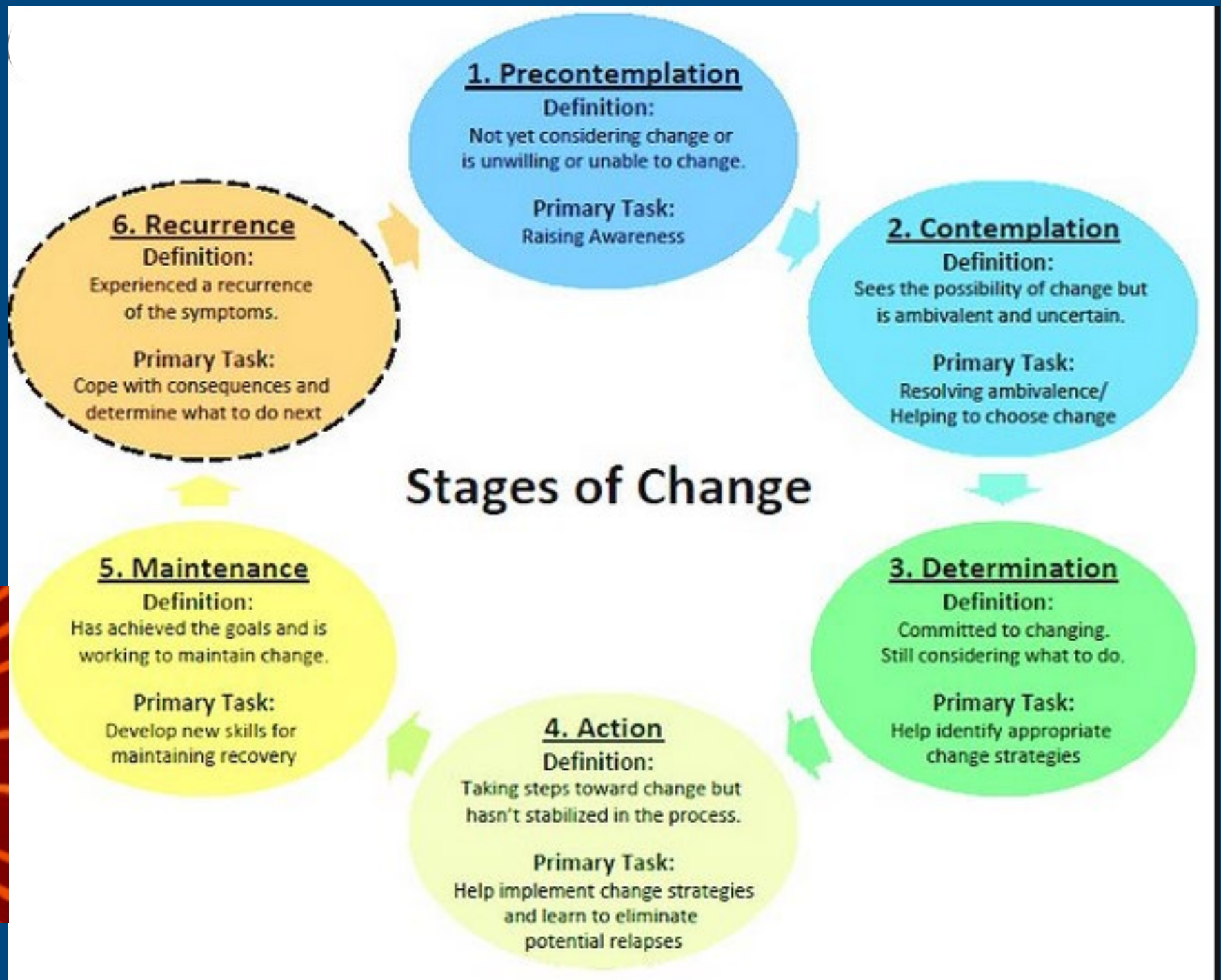
- Pick one or more of these rulers to explore the clients behavioral change goal with a client:
  - Importance Ruler
  - Readiness Ruler
  - Confidence Ruler
- Be prepared to discuss your experience 1) how the person responded and 2) how it was for you.

**Remember can start or use a journal to document your course experiences!**

# It's All About the Timing

The background of the slide is a solid teal color. It features a repeating pattern of teal-colored alarm clocks. Each clock has a white face with black numbers (12, 3, 6, 9) and hands. The clocks are arranged in a grid-like pattern, with some partially visible at the edges of the frame.

The Stages  
of Change  
are  
**DYNAMIC**



# Intention Matters

Change

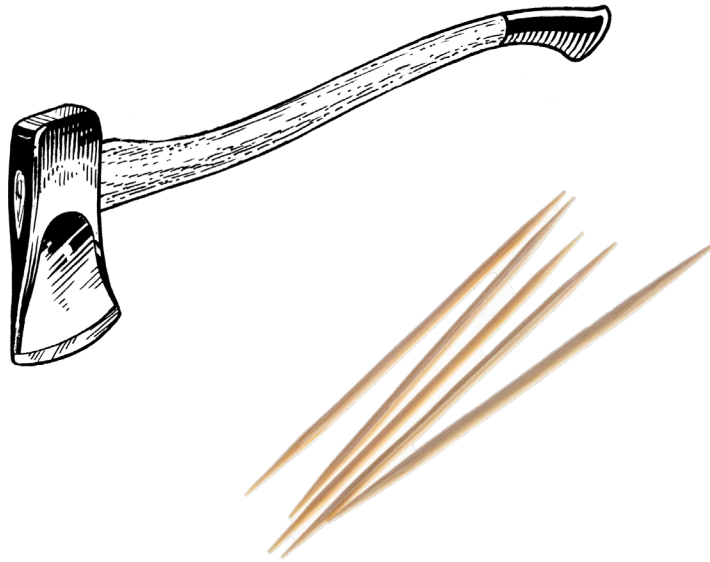
Conscious  
Intentionality

Guiding  
Towards Change



## The ~~RIGHT~~ *Effective* Tool for the Job

Which would you use?





# Scenario: Activity

Intentionality

*The Art & Soul of Practice*



## The Story of OARS and the Change Goal

## Remember



# Session 6 Learning Activity

Read

Read the 2nd Scenario (ideally, read it out loud with someone).

- Write down your impression of the worker's approach and your assessment of the outcome of the conversation.



Rewrite

Rewrite the conversation.

- Reread each line the worker speaks and intentionally decide what strategy and skill(s) you would use.
- Rewrite what the worker says, with the intention of engaging the client and evoking Change Talk.

