

## HCA Model of Health Change™

Health behaviour change principles and processes  
applicable across the spectrum of health goals and clinical contexts

### 9 Practice Principles

- 3Cs: client centred, client choice, client control
- Call it as you see it
- Four aspects of goal setting
- One thing at a time, one step at a time, adding up over time
- The RICK principle™
- First ask, then offer
- WAIT til 8
- Invite the client to write
- Trial & error

### 7 Essential Techniques

- Client first technique
- Menu of options technique
- Using your RICK radar
- Asking RICK
- Decisional balance technique
- Turning ANNTs into PETs
- Tracking & monitoring strategies

### 10 Step Decision Framework

- Set the scene & explain your role
1. Identify clinical issues & broad lifestyle & treatment categories
  2. Prioritize & choose a category
  3. Ask RICK®
  4. Make a decision
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5. Generate personal goal options
  6. Choose & refine an option
  7. Create an action plan
  8. Identify & address barriers
  9. Ask RICK
  10. Consider review & referral