

HCA Model of Health Change™

Health behavior 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