**Case Example 1: Pat**

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| **8 Step Guide to Managing Perimenopause: Common Symptoms and Reliable  Solutions. | My Second Spring** | * 45-year-old * Married * 3 children (11, 15 and 18 years old) * Employment - admin at local elementary school * Diagnosed with pre-diabetes 6 months ago and hypertension 3 years ago * Smokes 3-4 cigarettes per day * BMI 33 kg/m, A1C 6.3% * Pat spoke with physician saying she was thinking about becoming healthier. * Family physician referred her to speak with you |

**In groups please reflect on the following questions:**

1. What could be making it challenging for Pat to manage her health?
2. When thinking about your first visit with Pat, what stage of change is she at for improving her health?
3. How motivated do you think Pat is in making healthy changes?
4. How do you express the following \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ aspect of the Spirit of Motivational Interviewing effectively when you meet with Pat?
5. How would you work with Pat to help her make behaviour change?