

Practice Principles & Essential Techniques (PPET)

Skills Audit Form

Person-Centred Practice Principles

Rate yourself on the extent to which you already use the following practice principles effectively in your work with clients, patients or staff (depending on your role). The scales are from 0 (I need to work on this principle) to 10 (I am doing really well with this principle). Circle the appropriate number.

a. Use a *person-centred* approach that promotes a person's choice and control

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10
I need to work on this I am doing really well

b. Use the *call it as you see it* principle to tactfully highlight contradictions in a person's behaviour

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10
I need to work on this I am doing really well

c. Address all *four aspects of goal setting* when discussing and setting goals with a person

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10
I need to work on this I am doing really well

d. Give people permission to focus on *one thing at a time, one step at a time, adding up over time*

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10
I need to work on this I am doing really well

e. Use the *RICK Principle* to consider a person's motivation for taking action

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10
I need to work on this I am doing really well

f. Use the *RICK Principle* to consider a person's confidence in carrying out agreed tasks

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10
I need to work on this I am doing really well

g. *First ask* a person for their input or permission before *offering* advice or asking for information

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10
I need to work on this I am doing really well

h. Use the *wait til 8* technique to allow people time to think and respond to questions

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10
 I need to work on this I am doing really well

i. Invite the client (or other person) to write any information or tasks that they need to remember later

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10
 I need to work on this I am doing really well

j. Encourage a trial and error approach when helping a person to change their daily habits

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10
 I need to work on this I am doing really well

Essential Behaviour Change Techniques

Tick the column that best describes your level of skill in using each of the techniques in the table below.

Essential Technique	I am already using this technique effectively	I need to improve my skill level in using this technique	I need to learn how to apply this technique	Not Applicable
a. Client first				
b. Menu of options				
c. RICK radar (intuition)				
d. Ask RICK				
e. RICK-focused decisional balance				
f. Changing thinking habits				
g. Tracking and monitoring strategies				

Comments: