

Stages Of Change To Music:

Transformative Learning and the Transtheoretical Model

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Purpose

The Stages of Change to Music DVD strives to provide health care providers with a Transformative Learning experience about the Transtheoretical Model (TTM) in order to increase motivation to incorporate Smoking Cessation Best Practice Guidelines into daily practice. SOCTM differs from typical approaches of teaching the TTM as it provides an affective and cognitive exploration of the quit process.

Description

We used “emotionally congruent” music and imagery to explain each of the stages of change of the TTM with the intent of creating an impactful learning experience for Health Care Providers. Images and music were chosen for their effectiveness in portraying the emotional content inherent in each stage and the DVD is only six minutes long.

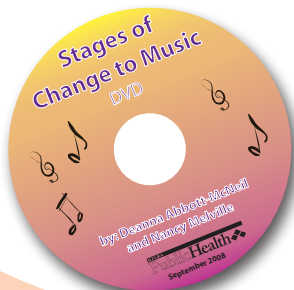
Observations

SOCTM has proven to be both an entertaining and enlightening educational tool for teaching the TTM and Smoking Cessation Best Practices.

Practice Implications

The application of music and imagery to each stage of change to emotionally explore the TTM has created an informative, entertaining and engaging tool that enhances teaching of Smoking Cessation Best Practice Guidelines interventions to various professions in different clinical settings.

The SOCTM has not been evaluated with respect to its potential as a cessation tool; however, based on anecdotal evidence, the use of SOCTM in cessation counseling is promising.



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