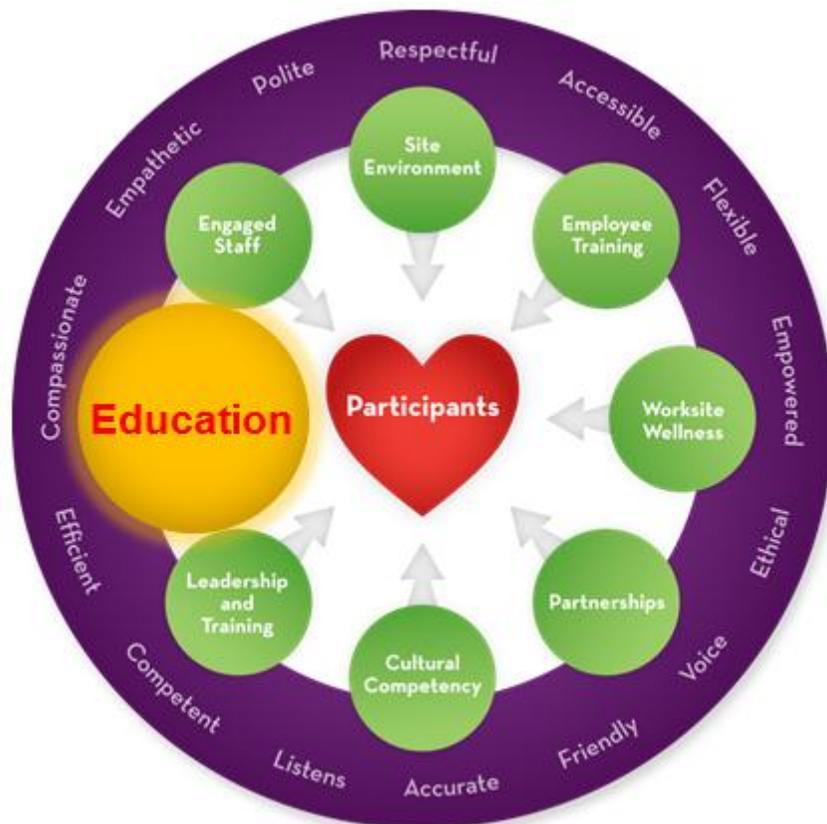


Ambivalence and Collaboration

Participant Centered Education

Trainee Workbook



The Participant Centered Approach



The participant, not the educator, is responsible for change.

Most changes come from the heart, not the head.

The ability to change is within everyone.

Telling someone why or how she should change often makes her want to resist change and defend herself instead.

What someone SAYS can influence what she DOES. PCE encourages participants to talk about their *own* reasons for change.

The educator encourages talking about change, by using an empathetic style based on cooperation, warmth and non-judgment.

The educator guides the session by carefully listening, helping the participants sort out her motivations, possibly adding small amounts of key information, and expressing confidence in the participant.

When done well, PCE is like a dance, with the educator gently and gracefully leading the participant.

Most people feel ambivalent (two ways) about some of their own behaviors. PCE can help the educator explore this.