

1 · 0–2'

2 · 2–5'

3 · 5–8'

4 · 8–11'

5 · 11–17' · Plan and task

6 · 17–20'

Session segment	Example prompt (say it your way)	Rubric line it evidences
1. Open and agree A shared goal 0–2 min	Agree the focus "Does that sound like a useful way to use today?"	C3 Agreed a shared goal out loud
2. Her picture Her day and what matters 2–5 min	No blame for the weight "A lot of the weight gain is the medication. It isn't your fault." Short, simple, checked "Let me put that more simply. Does that make sense?"	C1 Framed weight gain as a medication effect, not a personal failing C3 Adapted for moderate cognitive difficulty: short, one idea, checked
3. Explore Mixed feelings in the open 5–8 min	Costs of staying the same "What's it been like? What do you miss?" Check understanding "Does that fit with how it is for you?"	C1 Evoked the downsides of staying the same C3 Checked understanding
4. Intervene Evoke change talk 8–11 min	Good things about changing "If that changed, what would be better?" Optimism "What makes you think you could do it?" Readiness ruler "From zero to ten, how ready are you?" Why not lower "Why a four, and not a two?"	C1 Evoked the advantages of change C1 Evoked optimism about change C2 Used the readiness ruler C2 Asked the low-anchor ruler question
5. Plan and task Change plan 11–17 min	Intention "So what are you thinking you might do?"	C1 Evoked intention to change
6. Close Her words last 17–20 min	One take-away "What's the one thing you're taking from today?"	C3 Closed with a take-away; client had the last word

Tayla

- 20-year-old woman
- Lives with her parents (supportive)
- Older sister, Bree, 22
- Disability Support Pension

Referral

- Referred by her psychiatrist for support to increase physical activity
- Team recommends exploring ways to move more

Medication

- Risperidone, steady maintenance dose
- Started after several psychotic episodes and hospital stays
- Effective and well tolerated

Physical health

- Weight up more than 10%
- Total cholesterol raised
- BMI and waist now in the upper overweight range
- Raised long-term risk of type 2 diabetes and heart disease
- A common side effect of this medication

Symptoms

- Schizophrenia, treated for 18 months
- Main negative symptom: avolition, which may partly be difficulty planning and following through
- Last psychotic episode 18 months ago; well for 12 months

Function: WHODAS 2.0

- Cognition: moderate (understanding, remembering)
- Mobility: mild (getting motivated to leave home)
- Self-care: none
- Getting along: mild (starting things, joining in when invited)
- Life activities: mild (chores, walking the dog, tidying, bins)
- Participation: none

Her goals

- More time listening to music and with friends

People

- Two school friends who live nearby and still invite her
- Milo, her kelpie-cross