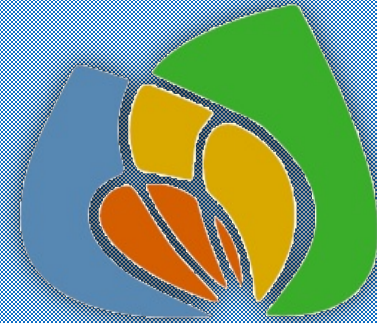


September 2023 EBP Tip of the Month

Protection + Motivation Theory

Brought to you by

ICIS Interagency Council on
Intermediate Sanctions



Protection Motivational Theory

- Also known as the **Importance/Confidence Theory**
- The **Importance and Confidence Ruler** is a skill exercise that is used to determine the level of **Importance and Confidence** a person has in making a change.

- Click the link for video on the Protection Motivation Theory:

<https://youtu.be/luy37PfJtkU>

Using the Importance and Confidence Ruler

Video: <https://youtu.be/2GgIQcklD3Q>