

Comparing the Medical Model & Client Centred Model

Medical Model	Client Centred Model
Active Practitioner/ Passive Patient	Partnership between client and practitioner
Professional is Expert	Client is expert Professional is facilitator
Intervention is key	Collaboration is key
Compliance is assessed by defined objective outcomes e.g. weight	Compliance is an irrelevant concept. Outcomes are trusted to emerge as the client develops insight. Outcomes may be broad or specific and defined behaviourally or objectively in partnership with the client. Process is the focus.
Goal: to cure or change the client	Goal: to create a growth promoting climate for the client to use for their own change process
Assess / Diagnose / Intervene / Monitor	Engage / Focus / Evoke / Plan *
Relies on professional persona	Relies on congruence and 'realness'
Instructive / Objective / External	Curious & Reflective/Subjective/Internal

* W.R Miller & S. Rollnick. Motivational Interviewing. Helping People to Change. 3rd Edition 2013 Guilford Press

“The test of a first-rate intelligence is the ability to hold two opposed ideas in the mind at the same time and still retain the ability to function.”
(F. Scott Fitzgerald)