



Escalator Methodology Overview and Engagement Skills List

If you have been developing your skills or teaching others counseling skills using the Escalator motivational approach to substance use and coexisting issues treatment then the following information is comprehensive review checklist. Review each area of the Escalator method below and a column is provided to check off areas you feel that you, or your student is proficient in. All of the following information can be found on the “About” page of the main Taking the Escalator website - <https://www.takingtheescalator.com/about> . Additionally in the right hand column of each area is a direct link to the same informational article on each aspect in the grid, published in printable format on academia.com.

<input checked="" type="checkbox"/>	Aspect of Escalator Method and Engagement Skills	<LINK>
	Baseline understanding of Motivational Interviewing	MI
	Baseline Understanding of Cognitive Behavioral Therapy	CBT
	Baseline Understanding of Stages of Change	SoC
	Baseline Understanding of Harm Reduction	HR
	Understanding of Co-Occurring Disorders	COD
	Understanding Coexisting Issues	COI
	Understanding the Escalator Method from a theoretical perspective	Theo
	Introduction: The Puzzle then and now	Intro
	Understanding of what engagement is and its overall importance in counseling	WiE?
	Understanding the concept and application of “The Ideal vs. The Real”	IvsR
	Having an awareness of your comfort level, the client’s perspective and pre-treatment	CL
	Understanding engagement skills in early treatment, the intake process and treatment planning	ETx
	Understanding the key roles of insight and motivation in engagement	I&M
	Tool #1 – Take time to engage	Time
	Tool#2 –Just be nice	JBN
	Tool#3 – Let go of your ego	LGE
	Tool #4 - Be positive	BP
	Judging what it really means to be non-judgmental	NonJ
	Tool # 5 = Be an entertainer as a counselor	Ent
	Tool # 6 – Effectively use empathy as your lifeline	Emp
	Tool # 7 – Effectively practice candor and honesty	C&H
	Tool # 8 – Fully understand the key role of values	Val
	Values and CBT	VCBT
	Tool # 9 – Master the art of “Taking an interest”	TI
	Tool # 10 - Effectively use analogies and illustrations	Illus
	Additional thoughts to keep in mind	Add
	Develop skills for working with adolescents and young people	Adol

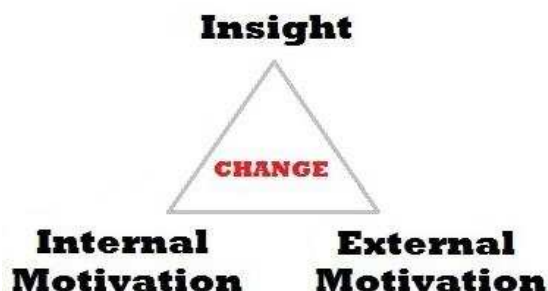


	Viewing culture and spirituality in a broad and engaging manner	C&S
	Treating coexisting mental health and substance abuse in an integrated manner	Integ
	Understand skills for working with disingenuous clients and for promoting honesty	Hon
	Understand how to address setbacks in treatment in an engaging manner	SB
	Baseline understanding of appropriately identifying and addressing risk and safety issues	Risk
	Baseline knowledge of how to help families in substance abuse treatment	Fam
	Understand modern obstacles to engagement	Obs

[<LINK>](#)

Understanding the [Taking the Escalator Toolsharing Database](#)

The Escalator method is focused on how Insight, Internal Motivation and External Motivation impact Change in a positive manner:



The Escalator Method, is designed with 7 “Floors” which counselors can navigate in any order based on their clients’ ever-changing insight, internal motivation and external motivation levels at any given time in treatment:

THE FLOORS:

<p><u>1st Floor</u> – Finding Your Way through the Escalator</p> <ul style="list-style-type: none"> • Recruiting Good Helpers • Assessing Your Change Initiative <p><u>2nd Floor</u> – Acknowledge and Reinforce Strengths</p> <ul style="list-style-type: none"> • Strength Area 1: Insight • Strength Area 2: Good Internal Motivation • Strength Area 3: External Motivation <p><u>3rd Floor</u> – Enhancing Areas of Need</p> <ul style="list-style-type: none"> • Enhancing Insight • Enhancing Internal Motivation • Enhancing External Motivation and Support 	<p><u>4th Floor</u> – Moving From Insight and Motivation toward Inspiration and Readiness for Action by Overcoming Obstacles</p> <ul style="list-style-type: none"> • Obstacle Course - Identify obstacles and then connect with the right counseling tool needed to overcome that obstacle <p><u>5th Floor</u> – Global Challenges – Associations, Coping with Cravings, Decision Making, Managing the Mind (Mental Health), and Relationships</p> <p><u>6th Floor</u> – Managing and Avoiding Setbacks</p> <p><u>7th Floor</u> –Supplemental Suggestions and Considerations</p>
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Additional Escalator Background Informational Links – The links below connect to the primary background information behind the Escalator methodology as explained in the original: ***Taking the Escalator: An Alternative to the 12 Steps*** text:

- ▶ [Taking Another Look at Addiction, Recovery, and Sobriety](#)
- ▶ [Why Take a Different View?](#)
- ▶ [Understanding Some Key Concepts in a New Light](#)
- ▶ [The 10 Principles of The Escalator Change Process](#)
- ▶ [How to Handle the "Are you in Recovery?" Question if you are not in Recovery](#)

The Taking the Escalator website also has counseling tools from other websites including PowerPoints, referrals, videos and other resources on the [Taking the Escalator: Additional Resources and Links](#) page and the [Taking the Escalator: Trauma Resources](#) page

Escalator Screening and Assessment Tools:

[Escalator Integrated Motivational Brief Screening Tool for Substance Use and Co-Occurring Disorders](#)

[E5 Brief Integrated Substance Use Assessment](#)

[The E13 Comprehensive Integrated Substance Use Assessment](#)

Brief excerpts and other Escalator-based publications are available in downloadable PDF format on Academia.com at the link below:



rutgers.academia.edu/KennethPecoraro

The Taking the Escalator Blog: (Formatted for group therapy and updated regularly with new material)



takingtheescalator.blogspot.com

Taking the Escalator Social Media Links – *Substance use and mental health news and articles*

- ▶ [Twitter](#)
- ▶ [Linked In](#)
- ▶ [Facebook](#)
- ▶ [Google Plus](#)

To contact *Taking the Escalator* with questions, ideas, suggestions, requests or feedback email: takingtheescalator@gmail.com