

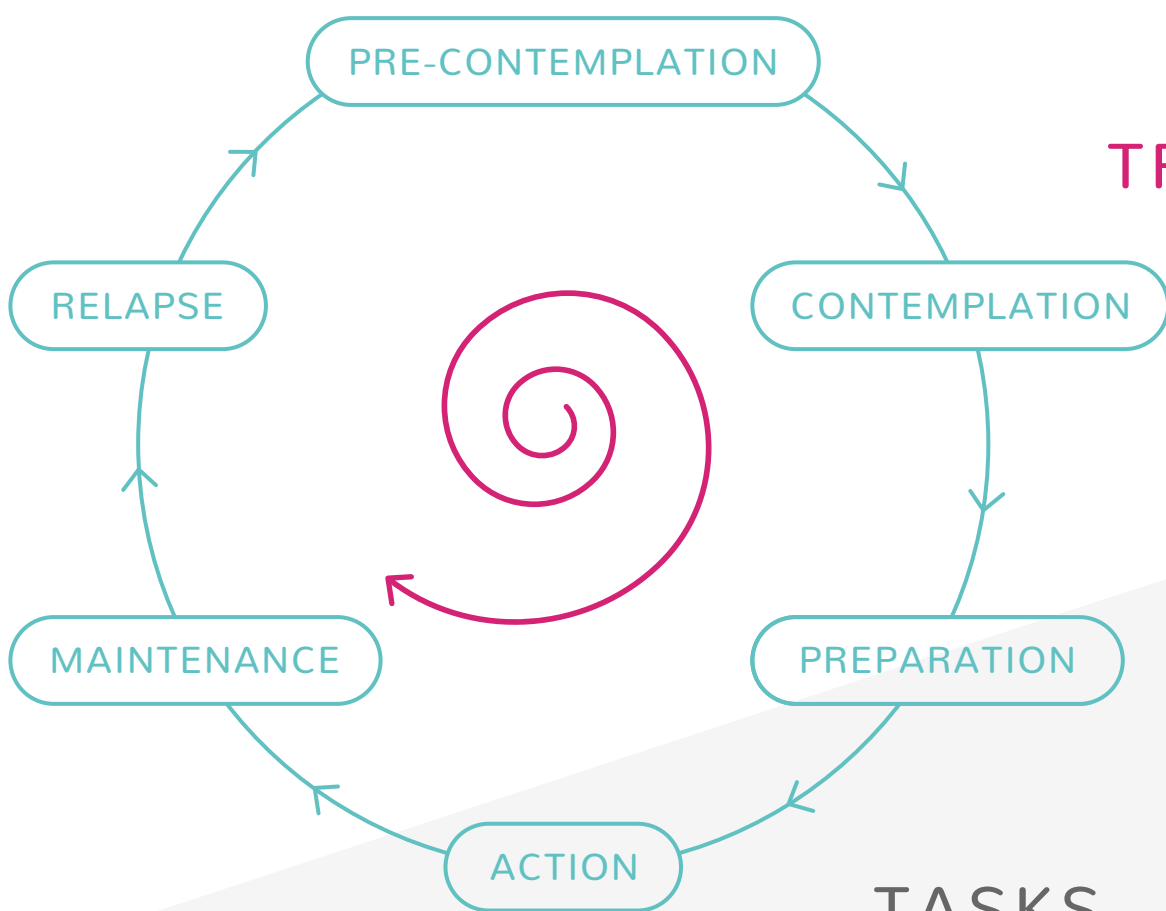
# MOTIVATIONAL INTERVIEWING

DEFINITION

Motivational interviewing is a collaborative, goal-oriented method of communication with particular attention to the **language of change**.

It is designed to strengthen an individual's motivation for and movement toward a specific goal by eliciting and exploring the person's own argument for change.

Source: Miller WR, Rollnick S. Motivational interviewing: helping people change. 3rd ed. New York: Guilford Press; 2012.



## TRANSTHEORETICAL MODEL OF CHANGE

### TECHNIQUES

- O** PEN-ENDED QUESTIONS
- A** FFIRMATIONS
- R** EFLECTIONS {
  - SIMPLE
  - COMPLEX
- S** UMMARIES

### TASKS

- 1** Express empathy
- 2** Develop discrepancy
- 3** Roll with resistance
- 4** Support the client's self-efficacy

### SPIRIT OF MI

- P**ARTNERSHIP: working **together**
- A**UTONOMY: respecting client **choice**
- C**OMPASSION: **concern** for client's needs
- E**VOCATION: helping the client **find their best solution**



Source: Skinner W, Cooper C. Psychotherapy essentials to go: motivational interviewing for concurrent disorders. 1st ed. W. W. Norton & Company, 2013.

How do we measure success?  
Listen for **change talk**!



- D**ESIRE
- A**BILITY
- R**EASONS
- N**EED
- C**OMMITMENT
- A**CTIVATION
- T**AKING STEPS

PREPARATORY ACTION