Motivational Interviewing

MI Intervention - 'Equipoise' **Assessment MI Strategy ENGAGE EARLY** Empathy... understanding Roll w/ Resistance **PreContemplation** Reflective Listening Acknowledge Sustain Talk **LATER Exploring Ambivalence** Decisional Balance Scale **FOCUS EARLY Contemplation** Values... the 'Why' Rescuing "Change Talk" from "Sustain Talk" Reflect "Change Talk" Evoke "Change Talk" **LATER** Evoke "Top of the Mountain" **Elucidate Discrepancy** "Importance-Confidence Ruler" Expand on "Importance" Summarize "Change Talk" Summarize "Top of the Mountain" Affirm insights/thoughts/values as relate to "Top of the Mountain" **Preparation PLAN** Evoke/Identify targets that increase "Confidence" score Evoke/Identify steps= solid measurable change plan Assess & address barriers Assess, affirm, and incorporate strengths Other EBPs (i.e. CBT, DBT, TF-CBT) Reflect "Commitment Talk" **Action PURSUE** ***Action does not necessarily equate to Change*** Implement Plan Summarize proactive steps Affirm targets and behaviors **Maintenance** Support Self-Efficacy Monitor for grief issues (sabotaging behaviors) Periodically reassess "Top of the Mountain" Copyright © 2012 Casey Jackson & Amy Knizek

Revise PLAN as needed

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