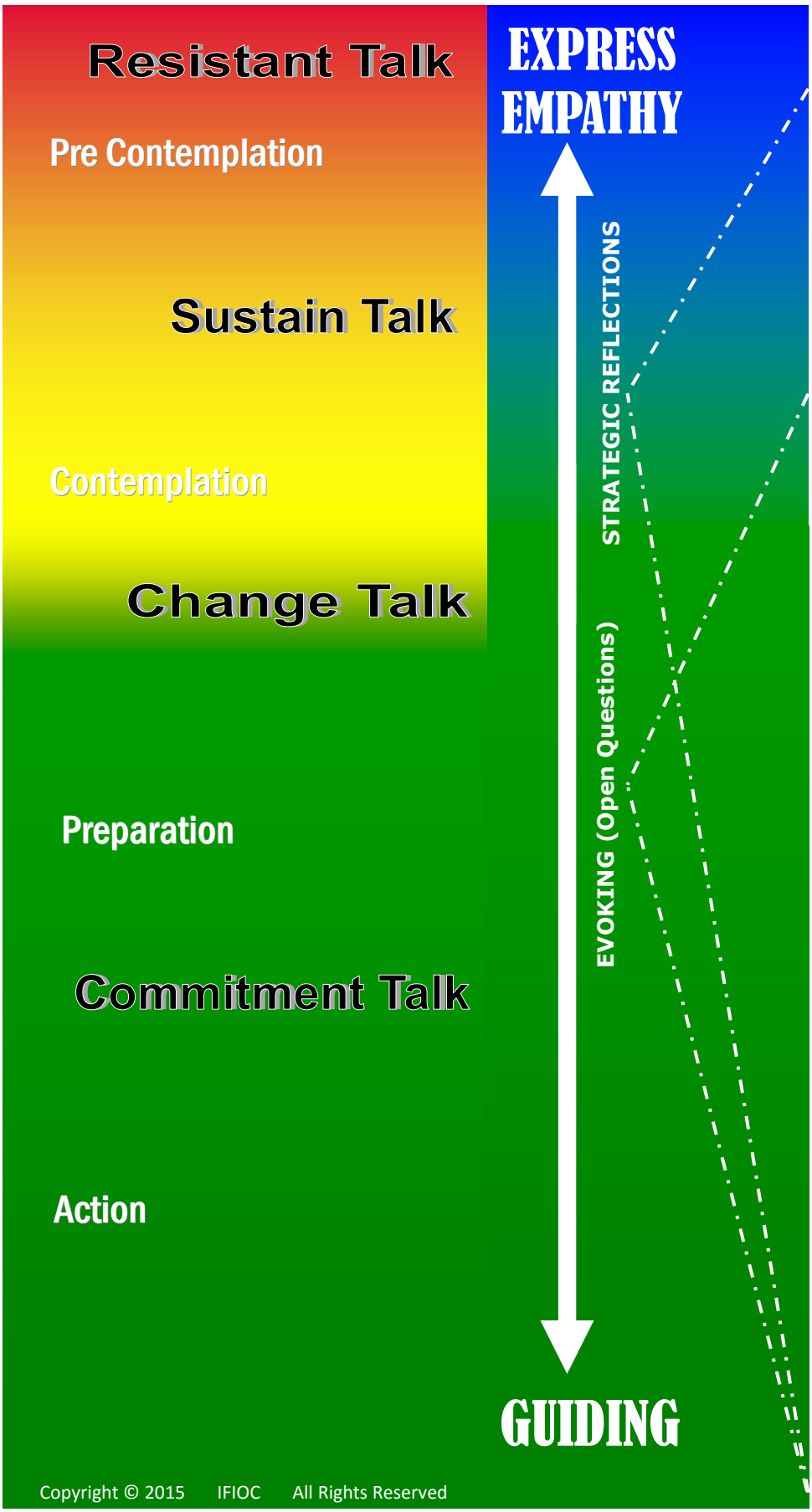
Motivational Interviewing

Assessment

MI Intentions & Interventions - 'Equipoise'



ENGAGE

Express Empathy
Reflective Listening
How they Feel
Heard and Understood
Roll w/ Resistance
Supporting Autonomy & Activation
Strategically Respond Sustain Talk
Exploring Ambivalence

FOCUS

Partnering
Strategically Respond Change Talk
Rescuing CT from ST
Reflect "Change Talk"
Evoke/Strengthen "Change Talk"
Presenting Problem/Target Behavior
'Rule of 3'
Values… the 'Why'
Evoke "Top of the Mountain"
Expand on "Importance"
Deepen/Summarize "Change Talk"
Summarize "Top of the Mountain"
Affirm insights/thoughts/values as relate to "Top of the Mountain"

PLAN

Targets that increase "Confidence"
Evoke/Identify steps
Measurable change plan
Assess & address barriers
Assess/affirm/incorporate strengths
Other EBPs (i.e. CBT, DBT, TF-CBT)
Reflect/Deepen "Commitment Talk"

PURSUE

Implement Plan
Support Self-Efficacy
Support Self-Affirmation
Periodically reassess "Top of the Mountain"
Revise PLAN as needed

Copyright © 2015 IFIOC All Rights Reserved