Motivational Interviewing

<u>Assessment</u>

MI Intentions & Interventions - 'Equipoise'

Resistant Talk

Pre Contemplation

Sustain Talk

Change Talk

Preparation

Commitment Talk

Action

EXPRESS EMPATHY

STRATEGIC REFLECTIONS

EVOKING (Open Questions)

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

GUIDING