

Practice Exercise: Elicit-Provide-Elicit (E-P-E)

Note, E-P-E is an information exchange tool offered in the spirit of MI within the MI conversation. E-P-E doesn't stand alone as an 'MI approach', but rather blends into the larger process. For each of the three steps (Elicit, Provide and Elicit) remember to slow down and cultivate the conversation by REFLECTING, asking for ELABORATION, AFFIRMING, normalizing difficulties or lack of knowledge, etc. It's also important to be you, i.e. use your own style/language with an 'intention' of working with the participant as a partner and respecting their ideas and autonomy, while also offering useful information, ideas, and/or sharing legitimate concerns (if and as needed).

Change Topic	Elicit participant knowledge/ ideas/insights, etc.	Ask Permission OR Imply Autonomy	Provide ideas, share information/share concerns, etc.	Elicit participants thoughts about what was shared
<p>Example:</p> <p>Transportation/ Being on time</p>	<p>Example:</p> <p>“It seems like getting here has been hard for you. What are your thoughts on that?”</p> <p><i>[Engage; i.e., Reflect/Affirm/ Ask for elaboration]</i></p> <p>“What do you think might help?”</p> <p><i>[Engage/Reflect/Affirm/ Ask for elaboration]</i></p>	<p>Example:</p> <p><i>Transition to ‘Providing with Permission’ (IF your info is still useful); summarize participant’s values/ideas first; normalize validate concerns, etc. THEN ASK PERMISSION or IMPLY AUTONOMY:</i></p> <p>“Do you mind if I throw out a few more ideas that have helped other participants?” [Permission]</p> <p><i>OR</i></p> <p>“This might not fit for you, but some people find that.... [Autonomy]</p>	<ul style="list-style-type: none"> • Info... • Info.. • Info... 	<p>Examples:</p> <p><i>Transition by eliciting participant’s response to what you shared. Include support for autonomy as applicable.</i></p> <p>“So, these are just ideas of course, it’s totally up to you. And I’m wondering what you think of that information?” OR “How do those ideas sit with you?” OR “What makes most sense to you in all of this?”, etc.</p> <p><i>[This may lead many ways; i.e., exchange of ideas, return to engaging/empathy, further understanding, confidence building, action planning, etc.]</i></p>