# **Motivational Interviewing**

## **Assessment**

# MI Intentions & Interventions - 'Equipoise'

#### **Resistant Talk**

**Pre Contemplation** 

Sustain Talk

Contemplation

**Change Talk** 

**Preparation** 

**Commitment Talk** 

**Action** 

EXPRESS EMPATHY

STRATEGIC REFLECTION

**EVOKING (Open Questions)** 

**GUIDING** 

## 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