

MICA STRATEGIES and INDICATORS	1 Fundamentally Inconsistent (no effort)	2 Generally Inconsistent (random/mis- guided)	3 Client- Centered (emerging effort)	4 Competent MI (successful effort)	5 Proficient MI (skilled MI)
<p>STRATEGICALLY RESPONDING TO SUSTAIN TALK The practitioner responds to ST to express empathy, provide validation, or build engagement/rapport so that the client feels heard, seen, and understood. When managed successfully, the amount, strength, and duration of sustain talk decreases or diminishes and there is significantly less (if any) response to ST other than as a source to find/identify and cultivate change talk (CT).</p>					
<p>STRATEGICALLY RESPONDING TO CHANGE TALK The practitioner strategically evokes, listens for, responds to, and strengthens client statements of desire, ability, reasons, need, commitment, or movement towards change. There is curiosity and exploration about why change would occur that increases the exploration of, readiness for and, possibly, commitment to change.</p>					
<p>SUPPORTING AUTONOMY & ACTIVATION This scale measures the extent to which the conversation encourages and supports the client's autonomy and freedom to choose, as well as empowering, addressing, and affirming the client's self-efficacy and personal agency. The practitioner operates from a strength-based approach that supports the client's goals/values/choices and works from an assumption that individuals have an innate desire and capacity for evolution and growth.</p>					
<p>GUIDING This scale measures the intention to navigate the conversation towards the goal of the referral, presenting problem, target behavior, or topic of concern. The client is the captain whose ship may be stuck, off course, struggling to maintain a course, or have no specified course. The client provides information, feedback and insights while the practitioner helps determine, chart, correct, and maintain a clear course by skillfully navigating the conversation towards a path of insight/solution/resolution.</p>					
<p>EXPRESSING EMPATHY This scale measures the intention to actively listen without judgment; grasp the client's thoughts, feelings, experiences, and perspective; as well as convey that understanding to the client. This includes reflective listening, validation of the client's reality, and all of the efforts the practitioner makes to understand the client's inner experience and effectively communicate that to the client. Successfully expressing empathy generates positive client responses such as "yes," "exactly," "that's it," and "right."</p>					
<p>PARTNERING This scale measures the extent to which the practitioner fosters a collaborative process with the client as two equal partners who are working together towards the client's goals. There is a shared balance of power, wherein the client is the acknowledged expert regarding his life. The MI practitioner provides relevant and appropriately timed observations, knowledge, insights, and expertise that supports and advances client outcomes.</p>					
<p>EVOKING This scale measures the extent to which the practitioner elicits the client's perspective on his own thoughts, barriers, feelings, ideas, motivators, goals, values, and solutions regarding the target behavior and change. The practitioner operates both from a place of genuine curiosity and from a belief that the motivation for change and the ability to change exists within the client and focuses efforts to skillfully elicit, explore, and expand those client perspectives.</p>					
Reflections Tally:	Questions Tally:				