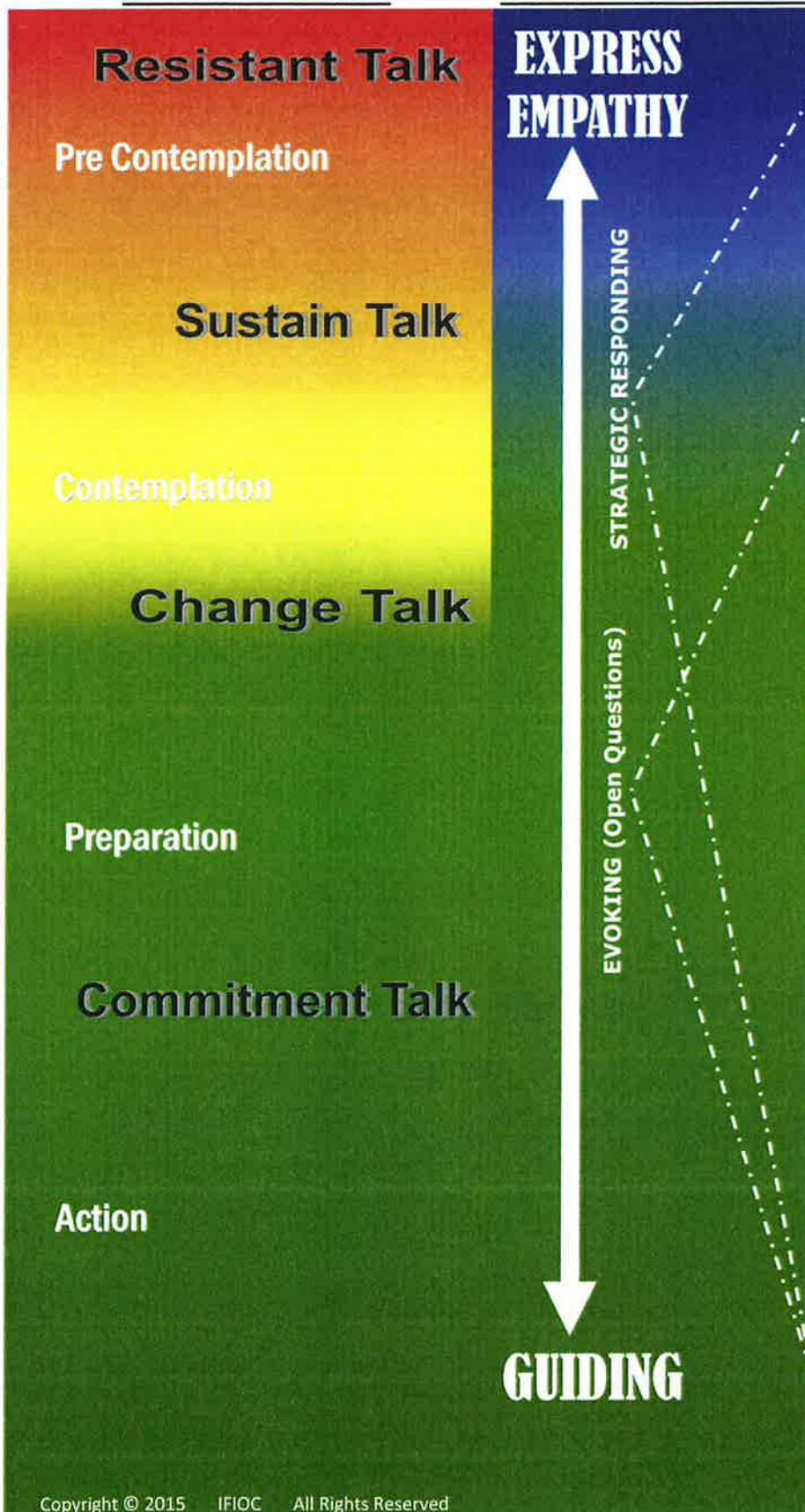


Motivational Interviewing

Assessment

MI Intentions & Interventions - 'Equipose'



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