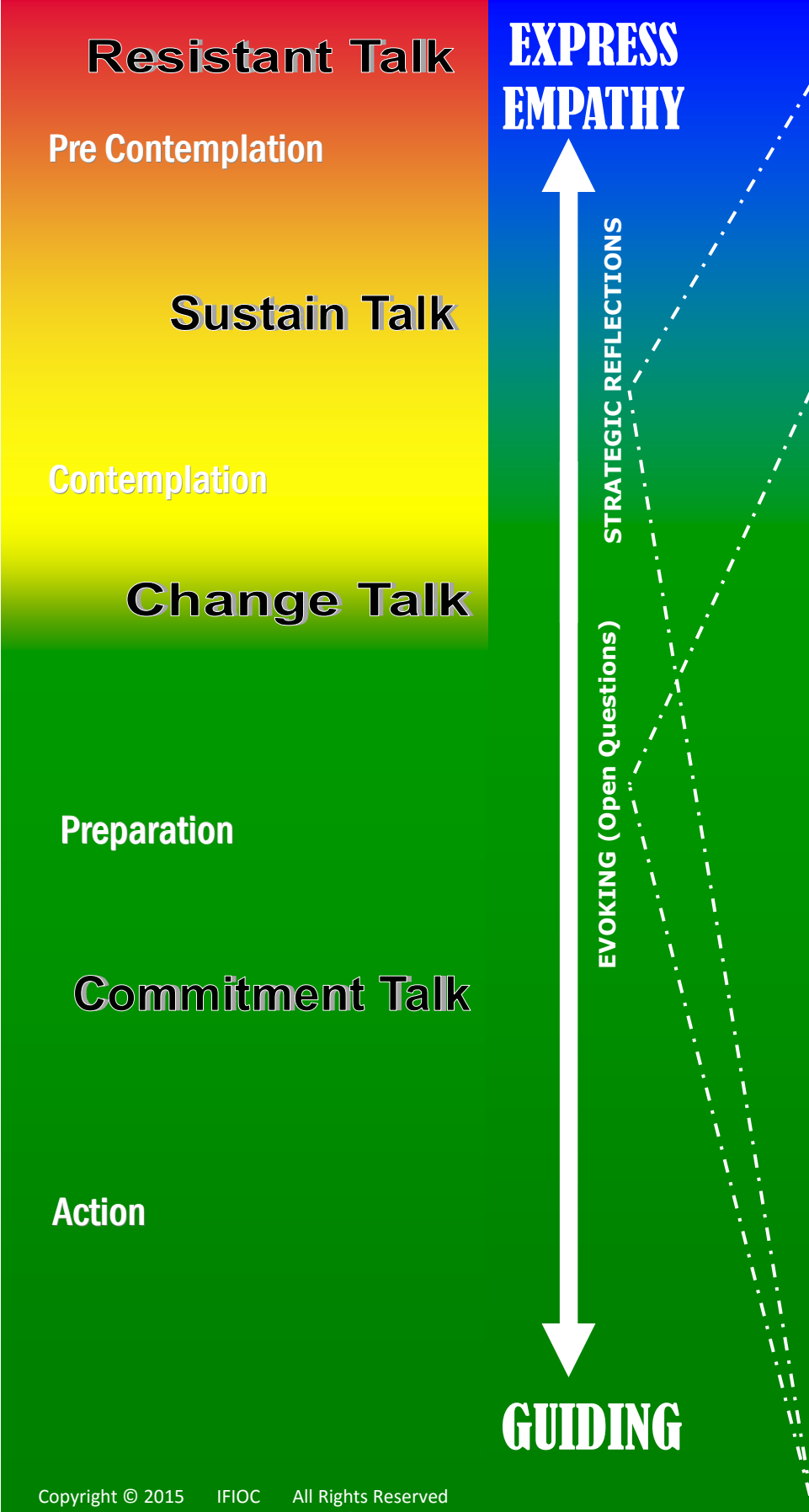


# Motivational Interviewing

## Assessment

## MI Intentions & Interventions - 'Equipoise'



**Resistant Talk**

Pre Contemplation

**Sustain Talk**

Contemplation

**Change Talk**

Preparation

**Commitment Talk**

Action

**EXPRESS  
EMPATHY**

STRATEGIC REFLECTIONS

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