Motivational Interviewing

<u>Assessment</u>

MI Intentions & Interventions - 'Equipoise'

Resistant Talk

Pre Contemplation

Sustain Talk

Change Talk

Preparation

Commitment Talk

Action



STRATEGIC REFLECTIONS

EVOKING (Open Questions)

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 3^7 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

