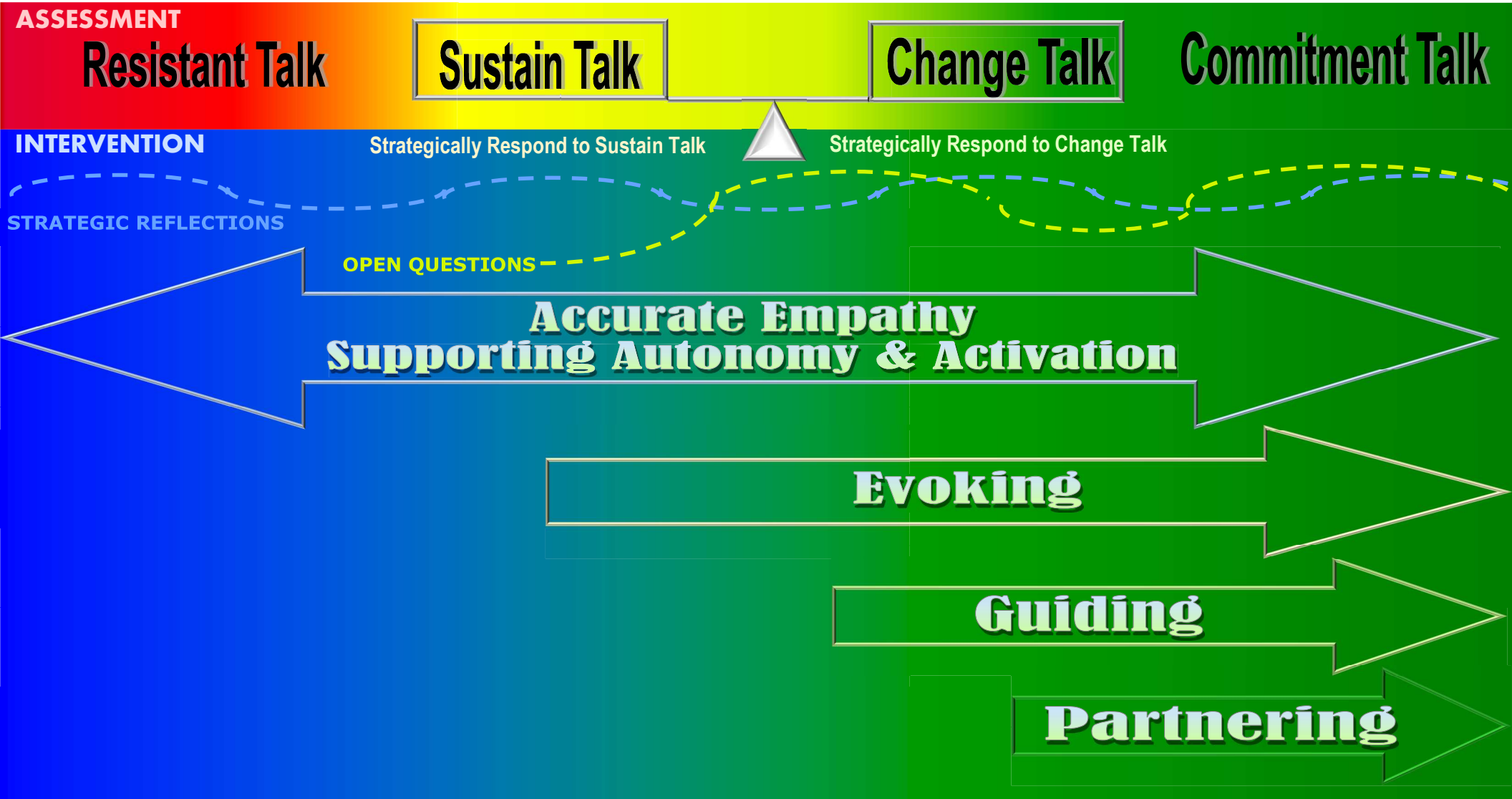




Motivational Interviewing

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Engage

Righting/Fixing Reflex
Equipoise
Detach from Their Outcome
Active Listening
Express Deep Empathy
Feel Seen, Heard, and Understood

Focus

Motives in Relation to Presenting Problem/Target Behavior
Rescuing CT from ST
Reflect/Evoke/Strengthen "Change Talk"
Listen/Reflect Values... the 'Why'
Evoke "Top of the Mountain"
Expand on "Importance"
Explore/Deepen "Change Talk" & "Top of Mountain"
Affirm CT-Based Thoughts/Solutions/Behaviors

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/Monitor Plan
Support Self-Efficacy
Support Self-Affirmation
Reassess "Top of the Mountain"
Revise PLAN as needed