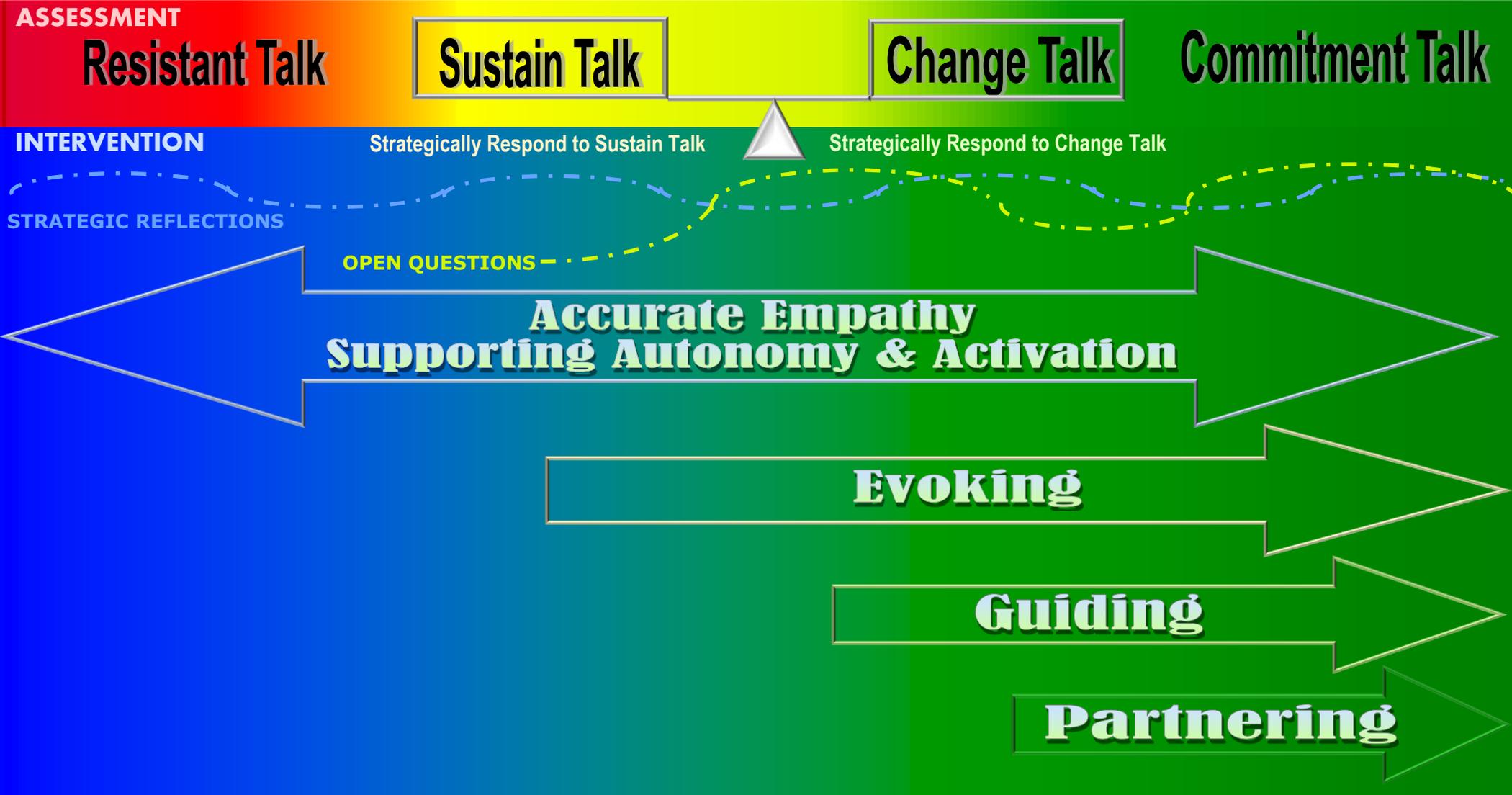




Motivational Interviewing

Copyright © 2024
IFIOC
All Rights Reserved



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