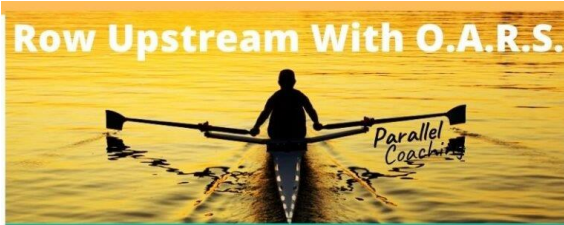


Motivational Interviewing

- A **purposeful and directional** way of talking to an individual about *growth and change* that strengthens **their own motivation** to change.



O *Open-ended* questions that allow patients to give more information including their feelings, attitudes and understanding.

A *Affirmations* to help overcome self-sabotaging or negative thoughts.

R *Reflections* as a way to express ambivalence.

S *Summarize* to let your patient know that they are being heard.



Ambivalence is Normal!!

4 Tasks of MI

Engaging Task: *Can we walk together?*

Focusing Task: *Where are we going?*

Evoking Task: *Why would you go there?*

- ✓ Why would you want to make this change? (Desire)

- ✓ How might you go about it, to succeed? (Ability)
- ✓ What are the three best reasons for you to do it? (Reasons)
- ✓ How important is it for you to make this change? (Need)
- ✓ So what do you think you'll do? (Commitment)
- ✓ What are you considering? (Activating)
- ✓ What have you already done? (Taking Steps)

Planning Task: *How will you get there?*

Importance & Confidence Ruler

IMPORTANCE SCALE:

How important is it for you right now to...? On a scale from 0- 10... what number would you give yourself?

0 _____ 10

CONFIDENCE SCALE:

If you did decide to change, how confident are you that you would succeed? On a scale from 0 -10... what number would you give yourself?

0 _____ 10

Ask – What have you already tried?

Offer – Can I tell you what I know about...

Ask – What do you think?

When Unsure What to Say...

Elicit Change Talk.

Reflect what you hear.

Be **Genuine** and **Curious**.

Partnership
Acceptance
Compassion
Empowerment