

Motivational Interviewing

Overview

Motivational interviewing (MI) is described as “a style of helping...a method of communication...it’s a set of assumptions about human nature and the process of human change” (Cormier et al., 2009). It is often used with clients who are not ready to acknowledge a problem exists and with those who recognize an issue but are feeling ambivalence or mixed emotions about addressing it.

The Spirit of MI

- 1 Client-centered**
MI emphasizes meeting clients where they are, believing in their inherent worth, and recognizing their autonomy
- 2 Collaborative**
This is a partnership where clients are the experts in what they want and how they want to get there
- 3 Evokes intrinsic motivation**
MI is focused on supporting clients as they uncover their motivation for change, not trying to get them to do what we want them to do
- 4 Explores ambivalence**
MI acknowledges and normalizes the internal tug-of-war clients may be feeling related to potential areas of change

Communication Strategies: OARS

- ? Open-ended questions**
Asking questions to evoke thoughts about change rather than impose thoughts about change
- 👍 Affirmations**
Appreciating/reinforcing the client’s efforts toward positive change
- 🔍 Reflections**
Stating what you’ve heard a client say, the client can agree or disagree and potentially elaborate
- 🔗 Summaries**
Collections of reflections to help consolidate, link, and guide conversations toward areas of change

Important Reminders



- Be aware of the tendency to move toward fixing
- Listen to understand rather than fix
- Remind clients that they have autonomy

Additional Resources

Skill Building Webinars



- [Motivational Interviewing 101](#)
- [Motivational Interviewing 201](#)

Micro Lesson

[Tips for Motivational Interviewing](#)



Take a Deeper Dive



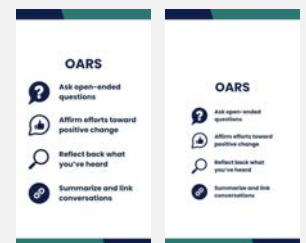
- [Switchboard Podcast Episode](#)
- [The Fixing Reflex](#)
- [Identifying Strengths with Motivational Interviewing](#)

Knowledge Check

[Motivational Interviewing Jeopardy Game](#)

Keep it Handy

Click one of the images to download a phone background you can keep with you!



Practice Opportunity

Register for the August 20th practice session!

Use the QR code or click [HERE](#).

