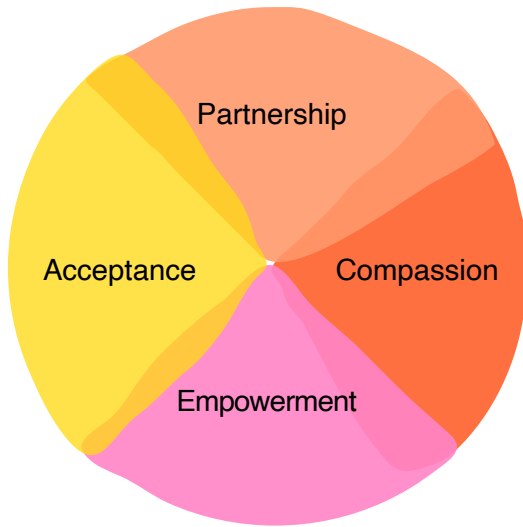


Motivational Interviewing



THE SPIRIT OF MI



IMPORTANCE
of making the change

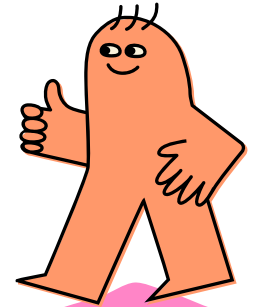
- Worst and best scenario
- Providing information
- Objectives and values

CONFIDENCE
in making the change

- Previous successes
- Internal strengths/social network
- Brainstorming
- Hypothetical change

PRIORITY
of making the change

- Organizing the different preliminary steps



O·A·R·S·AOA Relational skills

OPEN
questions

- Avoid interrogation
- Allow elaboration of the subject

AFFIRMATION

- Affirm what moves in the direction of change
- Reinforce the sense of personal efficacy

REFLECTIVE
listening

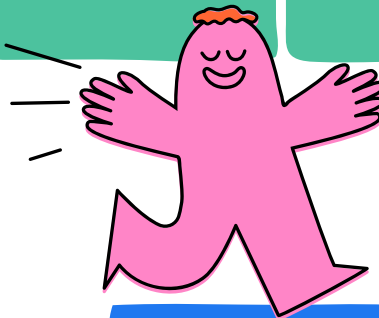
- Simple reflection
- Complex reflection
- Demonstrate empathy

SUMMARIES

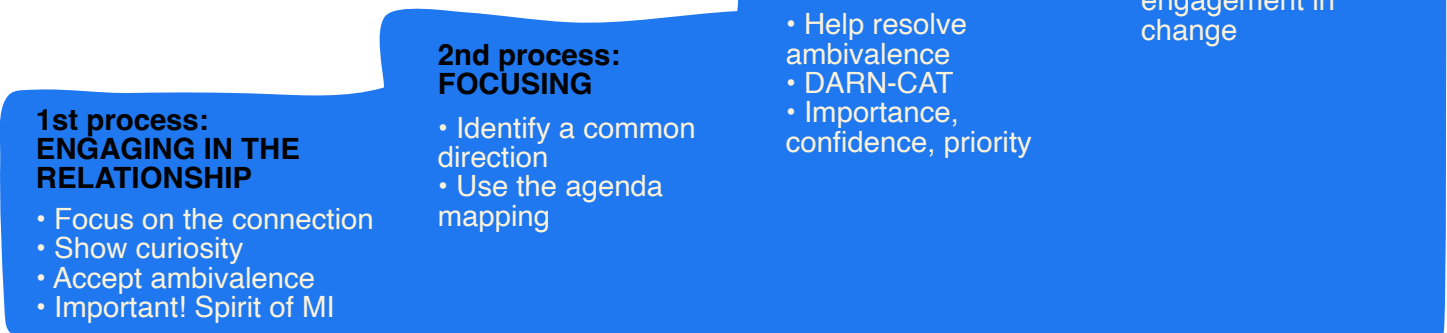
- Connection summaries
- Transitional summaries
- Collecting summaries

ASK
OFFER
ASK

- Ask what they know and ask permission
- Offer information
- Ask what they think



THE 4 TASKS



Miller, W. R., & Rollnick, S. (2023). Motivational Interviewing: Helping people change (4th ed.). Guilford Press.

