



## Motivational Interviewing

- I.. Goals of Motivational Interviewing
  - a. Raise importance of change
  - b. Enhance a participant’s confidence
  - c. Resolve ambivalence about making a change
  - d. Solidify a participant’s commitment to change
  - e. Negotiate a “change plan”
- II. Elements of Motivational Interviewing
  - a. Change Talk
  - b. Principles
    - i. R- resist thinking you’re right
    - ii. U- understand the participant’s motivation
    - iii. L- listen
    - iv. E- empower the participant
  - c. Skills
    - i. O- open ended questions
    - ii. A- affirmations
    - iii. R- reflective listening
    - iv. S- summaries
  - d. Change Talk
    - i. Expressing reasons for making a change actually strengthens a person’s intention to change...so we want participants to talk about the changes they want to make and why they want to change
  - e. “Spirit” or Underlying Belief
    - i. Change comes from collaboration of the outreach worker and participant
    - ii. The outreach worker’s role is to draw ideas and solutions from the
- III. Participant
  - i. The participant is the decider