

ABOUT MI

"MI is a collaborative style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion."

– Bill Miller, PhD

STEPS IN MOTIVATIONAL INTERVIEWING (MI)

1

GETTING INFORMATION

2

WHERE IS THE CLIENT?

3

MAKING THE CLIENT FEEL HEARD, UNDERSTOOD & ACCEPTED

4

FINDING AND EXPLORING CHANGE TALK

5

GIVING INFORMATION

6

MAKING THE CLIENT FEEL ACCEPTED REGARDLESS OF THEIR DECISION

7

ALWAYS SUMMARIZE BEFORE YOU END THE SESSION

1. GETTING INFORMATION

About the client's perspective on their habit in question, such as smoking, etc.

- Open ended questions work better in getting a complete picture compared to closed ended questions
- Creating an environment that is respectful and encourages mutual collaboration helps clients feel comfortable in telling their story

2. WHERE IS THE CLIENT?

What stage of change (see diagram) are they in? Here are the types of contemplation clients may engage in:

- Do they even acknowledge it as a problem?
- If so, how much of a problem is it to the client? REASONS for change
- How important is it to change? DESIRE for change
- How capable/confident do they feel? ABILITY to change
- What do they feel up to changing? What do they want to commit to today? What support do they need/want? Follow up?

3. MAKING THE CLIENT FEEL HEARD, UNDERSTOOD AND ACCEPTED

- Reflect back what they have said and more importantly what they mean
- Affirm their strengths and successes

4. FINDING AND EXPLORING CHANGE TALK

- Change talk consists of the client's expression of their own desires, ability, reasons, and need for behavior change. Sustain talk is simply the opposite – client expresses why they don't want to change.
- The more change talk that comes out of the client, the more likely they are to change.

5. GIVING INFORMATION

- If you feel that providing information – such as data, experiences, anecdotes, concerns, etc. – may be helpful, then follow this framework:
- Get (elicit) permission
- Provide a digestible chunk of information
- Ask for (elicit) feedback
- Asking for feedback in particular shows that you want to work with the client, not direct advice or orders at the client

6. MAKING THE CLIENT FEEL ACCEPTED REGARDLESS OF THEIR DECISION

Respecting autonomy is a powerful tool in enlisting their future follow up and setting the stage for change in the future

7. ALWAYS SUMMARIZE BEFORE YOU END THE SESSION

MOTIVATIONAL INTERVIEWING: A VERY LOOSE ALGORITHM

"Where is the patient?"

- The Stages of Change – Empathy

"What are the specific 'micro-skills' I need?"

- Person Centered Guiding Skills (OARS)
- Giving Information
- "Rolling" with resistance

"What is my overarching goal?"

- Paying attention to, reflecting, eliciting, and reinforcing change talk

"Acceptance (nonjudgmental, respect of autonomy)

Collaboration

Evocation (change talk)

Compassion (MI is not a trick)