

# Clients as our teachers, promoting and supporting change through motivational interviewing strategies

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# Motivational Interviewing

Listen to your participant and they will tell you what they need.



# The Spirit of Motivational Interviewing


Motivational interviewing is a directive, client centered interviewing style for eliciting behavior change by helping participants explore and resolve ambivalence. Motivational interviewing is:

- ◆ Participant centered
- ◆ Considers readiness to change as a product of interpersonal interaction
- ◆ Collaborative

# Principles of Motivational Interviewing

- ◆ Express Empathy
  - ◆ Develop Discrepancy
  - ◆ Roll with Resistance
  - ◆ Support Self-Efficacy
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# Steps to Behavioral Change Counseling

1. Select a topic to discuss collaboratively – use a model/dinner plate.
  2. Assess Importance & Confidence
  3. Set realistic goals
  4. Close on good terms
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# Stages of Change

- ◆ Pre-contemplation
- ◆ Contemplation
- ◆ Preparation
- ◆ Action
- ◆ Maintenance

F - Feedback

L - Look for reasons  
Listen

O - Options

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