


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

Susy Favaro, MSW
Northshore Senior Center
10201 E. Riverside Dr.
Bothell, WA 98011
425-286-1035

A stylized silhouette of a mountain range in shades of teal, located in the bottom right corner of the slide.

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
- 
- A decorative graphic at the bottom of the slide showing a silhouette of a mountain range in shades of teal against a lighter teal background.

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

Stages of Change

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

F - Feedback

L - Look for reasons
Listen

O - Options

Chris Dunn PhD., UW
Psychiatry and Behavioral Science