

MOTIVATIONAL INTERVIEWING

DESK REFERENCES

Crabtree, Deborah D.
Several health providers
desk references for using
Motivational Interviewing

- Stages of Change + Interventions
- Empathy in MI
- Fostering Change
- Reducing Limiting Mindsets
- List of Activities

STAGES OF CHANGE + INTERVENTIONS

1. Precontemplation
2. Contemplation
3. Preparation
4. Action
5. Maintenance

EMPATHY IN MI

Empathy

Empathy is the ability to understand and share the feelings of another person.

Effective Empathy in MI

- Active listening
- Reflective listening
- Open-ended questions
- Affirmations
- Summary statements

FOSTERING CHANGE

1. Pick up on Ambivalence

- Acknowledge both sides of the coin
- Explore the pros and cons of each side
- Encourage the client to explore their own thoughts and feelings

2. Encourage Exploration of Change

- Ask open-ended questions
- Encourage the client to explore their own thoughts and feelings
- Use reflective listening

REDUCE LIMITING MINDSETS

1. Ignore Limiting Mindsets, Encourage Growth

Ignore limiting mindsets and encourage growth by focusing on the client's strengths and resources.

2. Use Strategies to Reframe Limiting Mindsets

- Reframe limiting mindsets into growth-oriented mindsets
- Use reflective listening
- Use open-ended questions

LIST OF ACTIVITIES

• Stages of Change Worksheet

- Plan and Use of Change Worksheet
- Reducing Change-Related Mindsets
- Reducing Limiting Mindsets
- MIOP-10: Enhance your skills worksheet
- MIOP-10: Enhance your skills worksheet
- Building Motivation: How often will you change?
- MIOP-10: Enhance your skills worksheet
- Reducing Very Limiting Mindsets
- Reducing Limiting Mindsets

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Table of Contents Motivational Interviewing Desk Reference Guide 2

1. Understanding the eBook Motivational Interviewing Desk Reference Guide 2
 - The Rise of Digital Reading Motivational Interviewing Desk Reference Guide 2
 - Advantages of eBooks Over Traditional Books
2. Identifying Motivational Interviewing Desk Reference Guide 2
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Motivational Interviewing Desk Reference Guide 2
 - User-Friendly Interface

4. Exploring eBook Recommendations from Motivational Interviewing Desk Reference Guide 2
 - Personalized Recommendations
 - Motivational Interviewing Desk Reference Guide 2 User Reviews and Ratings
 - Motivational Interviewing Desk Reference Guide 2 and Bestseller Lists
5. Accessing Motivational Interviewing Desk Reference Guide 2 Free and Paid eBooks
 - Motivational Interviewing Desk Reference Guide 2 Public Domain eBooks
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 - Motivational Interviewing Desk Reference Guide 2 Budget-Friendly Options
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 - ePub, PDF, MOBI, and More
 - Motivational Interviewing Desk Reference Guide 2 Compatibility with Devices
 - Motivational Interviewing Desk Reference Guide 2 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Motivational Interviewing Desk Reference Guide 2
 - Highlighting and Note-Taking Motivational Interviewing Desk Reference Guide 2
 - Interactive Elements Motivational Interviewing Desk Reference Guide 2
8. Staying Engaged with Motivational Interviewing Desk Reference Guide 2
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Motivational Interviewing Desk Reference Guide 2
9. Balancing eBooks and Physical Books Motivational Interviewing Desk Reference Guide 2
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Motivational Interviewing Desk Reference Guide 2
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Motivational Interviewing Desk Reference Guide 2
 - Setting Reading Goals Motivational Interviewing Desk Reference Guide 2
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Motivational Interviewing Desk Reference Guide 2
 - Fact-Checking eBook Content of Motivational Interviewing Desk Reference Guide 2
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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