

MOTIVATIONAL INTERVIEWING

DESK REFERENCES

Crabtree, Doreen, & Sarah Smith. (2014). *Motivational Interviewing: A Practical Guide to Change*. London: Sage.

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

STAGES OF CHANGE + INTERVENTIONS

- 1. Precontemplation**
 - Focus on building rapport and trust
 - Explore ambivalence
 - Provide information about the benefits of change
- 2. Contemplation**
 - Explore the pros and cons of change
 - Provide information about the benefits of change
 - Explore the barriers to change
- 3. Preparation**
 - Explore the barriers to change
 - Provide information about the benefits of change
 - Explore the barriers to change
- 4. Action**
 - Provide information about the benefits of change
 - Explore the barriers to change
 - Provide information about the benefits of change
- 5. Maintenance**
 - Provide information about the benefits of change
 - Explore the barriers to change
 - Provide information about the benefits of change

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EMPATHY IN MI

Empathy

Empathy is the ability to understand and share the feelings of another person. It is a key component of motivational interviewing.

Effective Empathy in MI

- Use open-ended questions
- Reflect the client's feelings
- Use simple, clear language
- Avoid judgment and advice
- Focus on the client's perspective
- Use active listening
- Avoid interrupting
- Use a warm, non-judgmental tone

FOSTERING CHANGE

1. Pick up on Ambivalence

- Acknowledge the client's ambivalence
- Explore the pros and cons of change
- Provide information about the benefits of change
- Explore the barriers to change

2. Encourage Exploration of Change

- Explore the client's thoughts and feelings about change
- Provide information about the benefits of change
- Explore the barriers to change
- Provide information about the benefits of change

REDUCE LIMITING MINDSETS

1. Ignore Limiting Mindsets, Encourage Growth

Limiting mindsets are beliefs that restrict your ability to change. Ignoring them allows you to focus on growth.

2. Use Strategies to Reframe Limiting Mindsets

- Challenge the limiting mindset
- Explore the evidence for and against the limiting mindset
- Offer an alternative, more helpful mindset
- Encourage the client to test the new mindset
- Provide support and encouragement
- Celebrate the client's progress

LIST OF ACTIVITIES

• Stages of Change Worksheet

- Plan and Use of Change Worksheet
- Reducing Change Worksheet
- Reducing Limiting Mindsets Worksheet
- MI 101 Guide: Define your goals worksheet
- Values Map: Define your values worksheet
- Building Motivation: How often will you change?
- Red and Green Cards Worksheet
- Personal Plan Worksheet
- Weekly Progress Report Worksheet

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