

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**
 - Client does not intend to change behavior in the next 6 months
 - Client is unaware of the problem
 - Client is not aware of the consequences of the behavior
 - Client is not aware of the benefits of change
 - Client is not aware of the resources available for change
- 2. Contemplation**
 - Client is thinking about changing behavior
 - Client is aware of the problem
 - Client is aware of the consequences of the behavior
 - Client is aware of the benefits of change
 - Client is aware of the resources available for change
- 3. Preparation**
 - Client is planning to change behavior
 - Client is taking small steps toward change
 - Client is seeking information about change
 - Client is seeking support for change
 - Client is seeking resources for change
- 4. Action**
 - Client is making significant changes in behavior
 - Client is using resources for change
 - Client is seeking support for change
 - Client is seeking resources for change
 - Client is seeking information about change
- 5. Maintenance**
 - Client is working to prevent relapse
 - Client is using resources for change
 - Client is seeking support for change
 - Client is seeking resources for change
 - Client is seeking information about 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 (MI) and is essential for building a strong therapeutic relationship.

Effective Empathy in MI

- **1. Active Listening**
 - Pay attention to the client's words and non-verbal cues
 - Reflect back what you hear
 - Ask open-ended questions
- **2. Reflective Listening**
 - Reflect the client's feelings and thoughts
 - Use "I" statements
 - Avoid giving advice or solutions
- **3. Summary of Understanding**
 - Summarize the client's main points
 - Check for accuracy
 - Show that you understand
- **4. Empathic Reflection**
 - Reflect the client's emotions
 - Use "I" statements
 - Avoid giving advice or solutions
- **5. Empathic Summary**
 - Summarize the client's main points
 - Check for accuracy
 - Show that you understand

FOSTERING CHANGE

1. Pick up on Ambivalence

- Ambivalence is a state of mind where you have conflicting feelings about a behavior or decision.
- It is a natural part of the change process.
- It is often caused by conflicting values, beliefs, or emotions.
- It is often caused by conflicting information.
- It is often caused by conflicting resources.

2. Encourage Exploration of Change

- Encourage the client to explore the pros and cons of change.
- Encourage the client to explore the benefits of change.
- Encourage the client to explore the resources available for change.
- Encourage the client to explore the support available for change.
- Encourage the client to explore the information available for change.

REDUCE LIMITING MINDSETS

1. Ignore Limiting Mindsets, Encourage Growth

Limiting mindsets are beliefs that restrict your potential and prevent you from reaching your full potential. They are often based on negative self-talk and can be challenging to overcome.

2. Use Strategies to Reframe Limiting Mindsets

- **1. Challenge the Mindset**
 - Question the validity of the mindset
 - Ask for evidence
 - Ask for examples
- **2. Reframe the Mindset**
 - Replace the limiting mindset with a growth mindset
 - Use positive self-talk
 - Use affirmations
- **3. Seek Support**
 - Talk to a friend or family member
 - Talk to a therapist
 - Join a support group
- **4. Practice Mindfulness**
 - Focus on the present moment
 - Avoid negative thoughts
 - Practice gratitude

LIST OF ACTIVITIES

• Stages of Change Worksheet

- Plan and Use of Change Worksheet
- Reducing Change Worksheet
- Reducing Limiting Mindsets Worksheet
- MI Worksheet: Define your goals Worksheet
- MI Worksheet: Define your values Worksheet
- MI Worksheet: Define your resources Worksheet
- MI Worksheet: Define your support Worksheet
- MI Worksheet: Define your information Worksheet
- MI Worksheet: Define your motivation Worksheet

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Shasha Hu



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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
 - Motivational Interviewing Desk Reference Guide 2 eBook Subscription Services
 - Motivational Interviewing Desk Reference Guide 2 Budget-Friendly Options
- 6. Navigating Motivational Interviewing Desk Reference Guide 2 eBook Formats
 - 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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