

## MOTIVATIONAL INTERVIEWING

### DESK REFERENCES

Crabtree, Doreen, D. Mental Health Provider 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 is not thinking about making a change or has not yet decided to do so.
  - Client is in denial or minimizes the problem.
  - Client is not motivated to change.
  - Client is not ready to change.
- 2. Contemplation**
  - Client is thinking about making a change and has decided to do so.
  - Client is motivated to change.
  - Client is ready to change.
- 3. Preparation**
  - Client has decided to make a change and has set a goal.
  - Client has identified the barriers to change.
  - Client has identified the resources to change.
- 4. Action**
  - Client is actively making a change.
  - Client is using strategies to overcome barriers.
  - Client is seeking support.
- 5. Maintenance**
  - Client has successfully made a change and is working to prevent relapse.
  - Client is using strategies to maintain the change.
  - Client is seeking support.

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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 and is essential for building a strong therapeutic relationship.

### Effective Empathy in MI

- **1. Listen**
  - Give your full attention to the client.
  - Avoid interrupting or finishing the client's sentences.
- **2. Reflect**
  - Repeat back what the client has said in your own words.
  - Use open-ended questions to explore the client's thoughts and feelings.
- **3. Summarize**
  - Provide a brief summary of the client's main points.
  - Use this to check for understanding and to show that you are listening.
- **4. Validate**
  - Acknowledge the client's feelings and experiences.
  - Let the client know that their feelings are understandable.
- **5. Express interest**
  - Show that you are genuinely interested in the client's story.
  - Ask open-ended questions to explore the client's experiences.

## FOSTERING CHANGE

### 1. Pick up on Ambivalence

- Ambivalence is a state of mind in which you have conflicting feelings or beliefs about something.
- It is a natural part of the change process.
- It is important to recognize and address ambivalence.
- It is important to explore the client's ambivalence.
- It is important to help the client resolve their ambivalence.

### 2. Encourage Exploration of Change

- Encourage the client to explore the benefits of change.
- Encourage the client to explore the barriers to change.
- Encourage the client to explore their own reasons for change.
- Encourage the client to explore their own strengths.
- Encourage the client to explore their own resources.

## REDUCE LIMITING MINDSETS

### 1. Ignore Limiting Mindsets, Encourage Growth

Limiting mindsets are beliefs that restrict your ability to grow and learn. They are often based on fixed abilities and are not helpful for achieving your goals.

### 2. Use Strategies to Reduce Limiting Mindsets

1. Challenge your limiting mindsets.
2. Replace your limiting mindsets with growth mindsets.
3. Focus on your strengths and abilities.
4. Seek out opportunities for learning and growth.
5. Practice self-compassion and kindness.
6. Surround yourself with supportive people.
7. Celebrate your progress and achievements.

## LIST OF ACTIVITIES

- Stages of Change Worksheet
- Empathy in MI Worksheet
- Fostering Change Worksheet
- Reducing Limiting Mindsets Worksheet
- List of Activities Worksheet
- Stages of Change Worksheet
- Empathy in MI Worksheet
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**Padhraic Smyth**



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