

## 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 is not yet ready to consider change
  - Client is not yet ready to consider change
  - Client is not yet ready to consider change
  - Client is not yet ready to consider change
- 2. Contemplation**
  - Client is thinking about making a change
  - Client is thinking about making a change
  - Client is thinking about making a change
  - Client is thinking about making a change
- 3. Preparation**
  - Client is getting ready to make a change
  - Client is getting ready to make a change
  - Client is getting ready to make a change
  - Client is getting ready to make a change
- 4. Action**
  - Client is making a change
  - Client is making a change
  - Client is making a change
  - Client is making a change
- 5. Maintenance**
  - Client is working to prevent relapse
  - Client is working to prevent relapse
  - Client is working to prevent relapse
  - Client is working to prevent relapse

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## EMPATHY IN MI

### Empathy

Empathy is the ability to understand and share the feelings of another person. In MI, empathy is used to help clients explore their own thoughts and feelings about their behavior and the consequences of that behavior.

### Effective Empathy in MI

- **1. Listen**
  - Give your full attention to the client
  - Avoid interrupting or finishing the client's sentences
  - Use reflective listening to show you understand
- **2. Reflect**
  - Repeat back what the client has said in your own words
  - Use the client's words as much as possible
  - Reflect the client's emotions as well as their content
- **3. Summarize**
  - Bring together the main points of the client's story
  - Use the client's words as much as possible
  - Summarize the client's emotions as well as their content
- **4. Validate**
  - Acknowledge the client's feelings and experiences
  - Use the client's words as much as possible
  - Validate the client's emotions as well as their content
- **5. Express**
  - Share your own feelings and experiences
  - Use the client's words as much as possible
  - Express your emotions as well as your content

## FOSTERING CHANGE

### 1. Pick up on Ambivalence

- Ambivalence is a state of mind in which you have conflicting feelings or beliefs about something
- Ambivalence is a state of mind in which you have conflicting feelings or beliefs about something
- Ambivalence is a state of mind in which you have conflicting feelings or beliefs about something
- Ambivalence is a state of mind in which you have conflicting feelings or beliefs about something

### 2. Encourage Exploration of Change

- Encourage exploration of change by asking open-ended questions
- Encourage exploration of change by asking open-ended questions
- Encourage exploration of change by asking open-ended questions
- Encourage exploration of change by asking open-ended questions

## REDUCE LIMITING MINDSETS

### 1. Ignore Limiting Mindsets, Encourage Growth

Limiting mindsets are beliefs that restrict your ability to grow and change. In MI, we encourage clients to focus on their strengths and resources, rather than their limitations.

### 2. Use Strategies to Reframe Limiting Mindsets

- **1. Challenge**
  - Question the validity of the limiting mindset
  - Question the validity of the limiting mindset
  - Question the validity of the limiting mindset
  - Question the validity of the limiting mindset
- **2. Reframe**
  - Replace the limiting mindset with a more positive one
  - Replace the limiting mindset with a more positive one
  - Replace the limiting mindset with a more positive one
  - Replace the limiting mindset with a more positive one
- **3. Validate**
  - Acknowledge the client's feelings and experiences
  - Acknowledge the client's feelings and experiences
  - Acknowledge the client's feelings and experiences
  - Acknowledge the client's feelings and experiences
- **4. Encourage**
  - Encourage the client to explore their own thoughts and feelings
  - Encourage the client to explore their own thoughts and feelings
  - Encourage the client to explore their own thoughts and feelings
  - Encourage the client to explore their own thoughts and feelings

## LIST OF ACTIVITIES

### • Stages of Change Worksheet

- Plan and Use of Change Worksheet
- Reducing Change Worksheet

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6 easy to read pages for quick clinician reference!

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**M Planty**



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