

## 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 Reduce Limiting Mindsets

- Reframe limiting mindsets
- Encourage the client to explore their own thoughts and feelings
- Use reflective listening

## LIST OF ACTIVITIES

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

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**PT Brinkman**



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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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