
The Basics of Motivational Interviewing

Spirit of MI

Partnership

Acceptance

Compassion

Evocation

When Experiencing Resistance...

Express empathy

Amplify ambivalence

Roll with resistance

Support self-efficacy

The Core Interviewing Skills

Open-ended questions

Affirmation

Reflective listening

Summarize

Change Talk Model

Desire to change

Ability to change

Reasons to change

Need to change

Commitment to change
