

Motivational Interviewing Basics

Common Strategies

- ▶ Feedback
- ▶ Responsibility
- ▶ Advice
- ▶ Menu of options
- ▶ Empathy
- ▶ Self-efficacy

Principles of MI:

- ▶ Express empathy
- ▶ Amplify ambivalence
- ▶ Roll with resistance
- ▶ Support self-efficacy

Backbone of MI:

- ▶ Open-ended questions
- ▶ Affirmations
- ▶ Reflective listening
- ▶ Summarize

Change Talk Model

- ▶ Desire to change
- ▶ Ability to change
- ▶ Reason to change
- ▶ Need to change
- ▶ COMMITMENT to change

Resources: Dr. Stephen Phillippi @ sphill2@lsuhsc.edu,
Motivationalinterview.org, MI Guide for Probation & Parole @ NIC/U.S. DOJ