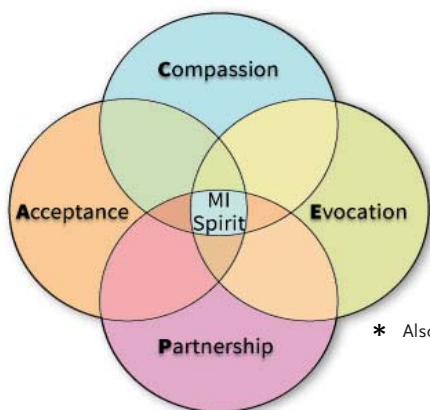


# Motivational Interviewing (MI) Basics

The underlying “spirit” (or philosophy) of MI is even more important than the skills. While you are an expert in health care, your client is an expert in his or her own life.

## SPIRIT OF MI: CAPE



## PRINCIPLES OF MI: RULE

### **RESIST** the “righting reflex”

The urge to “fix” the client. Arguing for change can have a paradoxical effect.

### **UNDERSTAND** your client

The client’s reasons for change are most important because these will most likely trigger behaviour change.

### **LISTEN** to your client

MI involves as much listening as informing.

### **EMPOWER** your client

Convey hope around the possibility of change and support patients’ choice and autonomy re: change goals.

## FOUNDATIONAL SKILLS IN MOTIVATIONAL INTERVIEWING: OARS

**OPEN-ENDED** questions encourage elaboration.

**AFFIRMATIONS** promote optimism and acknowledge the client’s expertise, efforts and experience of the client. Affirmations are not about the practitioner’s approval of the client.

**RELECTIONS:** the skill of accurate empathy:

- simple reflections: paraphrase, repeat the content.
- complex reflections: reflect what the client has said as well as what he or she is experiencing but has not yet verbalized (the meaning beneath the client’s words).

**SUMMARIES:** The best are targeted and succinct, and include elements that keep the client moving forward. The goal is to help the client organize his or her experience.

Miller, W. R. and Rollnick, S. 2013. *Motivational Interviewing: Helping People Change*. New York: Guilford Press.

\* Adapted from Miller & Rollnick. 2013, page 22