Motivational Interviewing (MI) Basics

MI QUICK TIPS

CHANGE AND SUSTAIN TALK

"I know I should use my medication ....but ... .I always misplace my asthma inhaler."

CHANGE TALK   **SUSTAIN TALK**

TYPES OF CHANGE TALK: DARN CAT

PREPARATORY CHANGE TALK (DARN)

Desire to change (wishes, hopes, wants)

Ability to change (optimism)

Reasons for change (benefits of change)

Need to change (problems with the status quo)

MOBILIZING CHANGE TALK (CAT)

Commitment ("I will . . . ," "I plan to . . .")

Activation (steps that the client is already taking in support of a goal)

Taking Steps (same as Activation; e.g., "I made an appointment to see my doctor about medication for quitting smoking.")

HOW TO ELICIT? ASK .....

"Why do you want to make this change?"

"If you decided to make a change, how might you be able to do it?"

"How would things be different if you changed?"

"How would things be better if you changed?"

When you hear change talk you know you are doing it right.

COMMITMENT LANGUAGE PREDICTS CHANGE

"What do you intend to do?"

"What are you ready or willing to do?"

"What have you already done?"

"What is your next step?'

READINESS RULERS

Readiness rulers are a tool designed to elicit change talk. Use them to explore the importance clients attach to changing, and their confidence and readiness to change (on a scale of 1 to 10). "On a scale of 1 through 10, how important is it for you to quit smoking?" "On the same scale, how confident are you feeling about your ability to quit?"

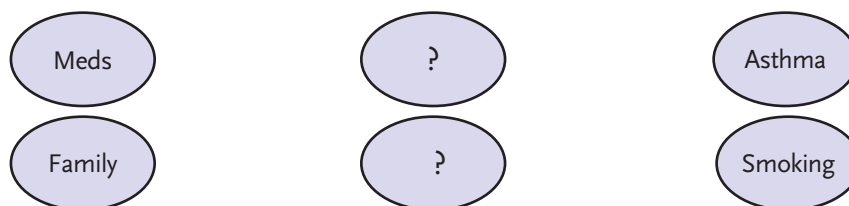| 1	2	3	4	5	6	7	8	9	10

Low importance/confidence: **Extremely important/confident**

Ask: "Why are you at __ [lower #] and not a __ [higher #]?"

"What would it take to go from [client's chosen #] to__ [one number #]?"

AGENDA MAPPING

Create a "bubble sheet" and invite the client to identify all the possible areas for change. You may choose to pre-populate some of the circles. After inviting the client to share his or her priorities, ask: *"Given these possible areas of focus, what would you like to talk about in our time together today?"*

(Meds) (?) (Asthma)

(Family) (?) (Smoking)

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