

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 Reframe Limiting Mindsets

- Reframe limiting mindsets as strengths
- Use affirmations to reinforce positive beliefs
- Encourage the client to explore their own thoughts and feelings

LIST OF ACTIVITIES

• Stages of Change Worksheet

- Plan and Use of Change Worksheet
- Reducing Change Worksheet
- Reducing Limiting Mindsets Worksheet
- MI Worksheet
- Empathy Worksheet
- Fostering Change Worksheet
- Reducing Limiting Mindsets Worksheet
- List of Activities Worksheet

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