

Updated Study Guide for the Counseling Style of Motivational Interviewing:

Adapted from Motivational Interviewing: Helping People Change, 3rd Ed., Miller & Rollnick, 2013

Overview:

- Especially helpful with participants who we may perceive as “being difficult” or ambivalent about change. Its purpose is to help resolve this ambivalence.
- “A collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person’s own reasons for change within an atmosphere of acceptance and compassion.”
- A quiet, searching process about listening- participant is “expert”. Counselor “comes alongside” with some expertise to gently nudge/guide.
- A shift in style and attitude. Embraces “helpfulness” it’s an attitude and conviction that the participant has the ability to and the solutions inside themselves and your role is to evoke it from them- sometimes bringing out new perspectives and from them how/why it may work as they see it.

Why Does MI Work?

- We are best convinced by our own reasons
- We have inside us the strength to make change happen
- Participants start talking themselves into changing by HOW we draw these out
- Increased “Change talk” (talk toward the change) and decreased “Sustain talk” (talk away from the change) increases commitment and the likelihood that change will occur

The four vital aspects of the Spirit of MI is that it involves:

Collaboration (Partnership): “We are going to work together”

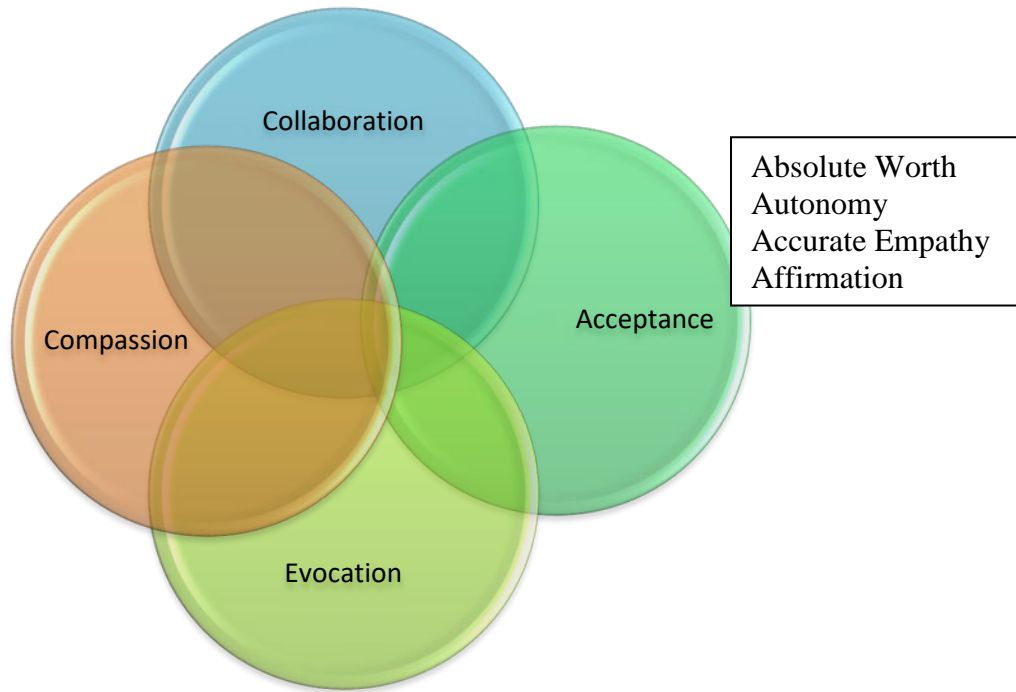
Acceptance: “I value you and am delighted to talk with you”

Compassion: “I want to understand and respect you and your experience”

Evoking: “I am going to create a space for you to share yourself and your story with me”

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MI SPIRIT- the way the conversation should feel



Four Processes (flow of an MI conversation): There is a sequential element to them, however they are recursive.....these processes are also relational/interpersonal.....not “TO or ON” someone.

