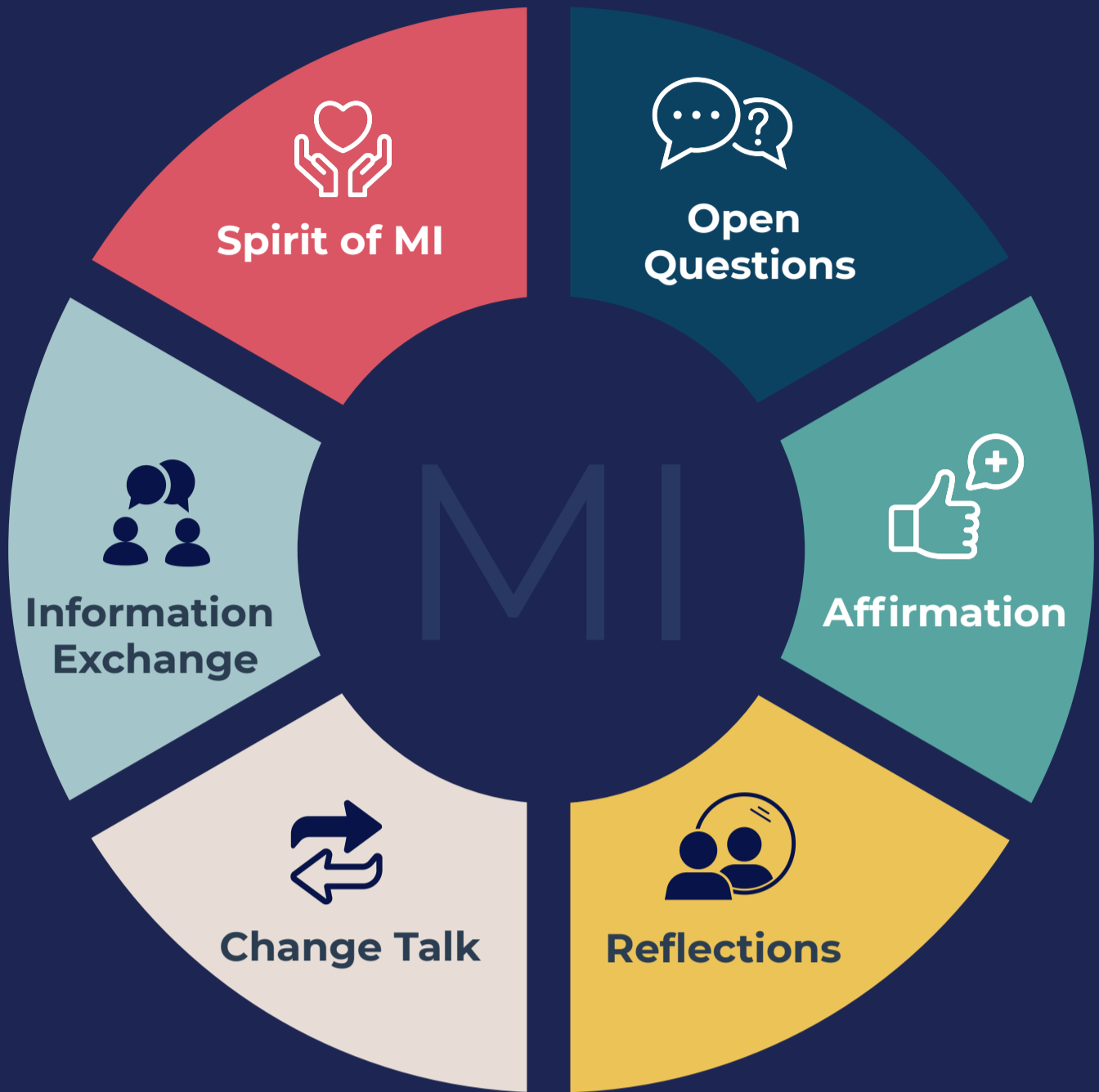


Core Skills of Motivational Interviewing

A collaborative, goal-oriented style of communication that strengthens personal motivation for change



Open Questions

While closed questions typically call for a short answer (*How long have you felt this way?*), open questions invite conversation on a topic (*How has this problem affected you?*).

Affirmation

Affirming, or accentuating the positive, involves genuinely noticing, recognizing, and acknowledging the client's strengths and effort (*Even though it was difficult, you stuck with it!*).

Reflections

Reflective listening involves carefully listening to what a client says, and then responding in a way that offers a guess as to what that person means (*It sounds like you feel sad when ...*).

Change Talk

Change talk refers to a client's self-expressed arguments for change (as opposed to sustain talk, or their arguments against change). Recognizing and reinforcing change talk are key skills in motivational interviewing.

Information Exchange

Exchange of information respects that both the client & therapist have expertise. Sharing information is considered a two-way street, and MI therapists seek permission before offering their knowledge and support the client's autonomy of choice.

Spirit of MI

Embracing and conveying to the client acceptance, partnership, compassion as the foundation of the helping relationship.

(Sources: Miller & Rollnick, 2013; <http://www.motivationalinterviewing.org>)