

BASIC MI Interventions

Interventions	To Engage	To Focus	To Evoke Motivation	To Plan	Example
<p>MI Spirit-Way of being with client. Use MI Spirit of Compassion, Acceptance (affirmation, respect & non-judgment, emphasized personal choice, accurate empathy via reflections), Evocation, Partnership</p>	<p>Prioritized client concern. Reflect the value _____. Express Statement of personal choice. Ask Open- Ended Question to find out what the client knows about his/her situation. Ask the client what it is like to be here. Normalize fear of changing.</p>	<p>Prioritized client concern. Express Statement of personal choice when providing a menu of options to discuss and work on. Ask Open- Ended Question to find out what the client knows about his/her goal/change.</p>	<p>Treat the client as an expert of his/her life. Tie the identified change to the value(s) identified during engaging. Express Statement of personal choice when sensing discord. Ask Open- Ended Question to evoke why the change matters. Use sensitivity when hearing ambivalence.</p>	<p>Evoke solutions from the client. Follow a change plan or utilize SMART in goal planning. Make expressions of hope and confidence in the client.</p>	<p>Client only here “to get probation off my back.” C: It makes sense that you want freedom. Freedom is important to you. A: It’s really your choice how you go about this treatment. E: What would it mean if probation was off your back. P: Let’s see how we can work together.</p>
<p>Open-Ended Questions with examples.</p>	<p>Open Ended Question: What brings you here today? What concerns you the most? What do you already know about treatment?</p>	<p>What is important for us to discuss now? What is your priority right now? What are you hoping to change now?</p>	<p>What reasons do you have for making this change? Looking ahead, if you were to make this change what would be different?</p>	<p>What resources do you need? Who and how can people help? What barriers and solutions are there?</p>	

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<p>Affirmations with some examples.</p>	<p>I appreciate you making it on time. You are honest. You made a lot of effort to be here despite how you were feeling. You prioritize your responsibilities by being here.</p>	<p>You know that working on your substance use is vital to your recovery. You are a survivor and want safety first.</p>	<p>You care about your health, family, future, responsibilities, job, etc (whatever is reinforcing the change). You are skilled at saying “no” when you need to.</p>	<p>You are creative. You can problem - solve. You know what steps are realistic for you. You know who and how others can support you.</p>	
<p>Reflection with some examples.</p>	<p>Reflection (Simple, Complex): You want to follow through with probation requirements. You are not sure if you can stop completely yet you are willing to try. You are not sure what to expect from treatment.</p>	<p>You are willing to talk about this difficult topic. You have a lot to share about your recovery efforts so far.</p>	<p>You want to stop using because you want to build trust with your family again.</p>	<p>You have decided to plan on how to go about changing your use. You are committed to start this change by attending treatment groups and going to AA.</p>	
<p>Summary with some examples.</p>	<p>Summary (Transitional): So far we have talked about what brought you here, the rules of the program, and your concerns. I wonder what is important for us to focus on now?</p>	<p>Even though there are many things you find important right now such as finding a job or the argument with your mom, discussing how you are going to reduce or stop</p>	<p>Summarize all the Change Talk statements. Change talk are all the statements made in favor of the change. Follow up with: What do you think you will do?</p>	<p>Summarize the steps. Offer hope or encouragement.</p>	

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		drinking is the #1 priority now.			
EPE with some examples.	EPE: What do you already know about our program? Can I share more? Provide Info in small chunks. What do you think about that information?	EPE: Can I share a concern? You have not mentioned that recovery is important. I have a concern that you may not be consistent in participating since recovery is our focus here. What do you think about that?	Can I share something I have heard from you? You stated how it is important for you to stay out of jail (or be an active parent) and I wonder how your continued use ties to that?	Can I share resources? Provide the resources, Then ask how it fits with plan.	