



## Motivational Interviewing

Engaging People for Change  
December 8, 2015

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## Introductions

- Name?
- What you do?
- Experience with MI?



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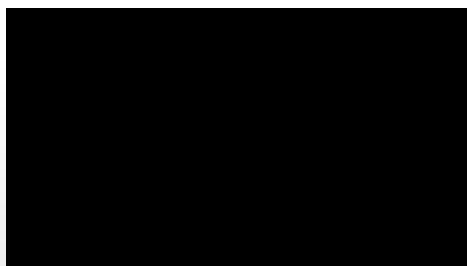
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## Introduction to MI

- Motivational Interviewing is a person-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence
- Ambivalence is a conflicted state of favoring change and supporting status quo
- Help people get "unstuck" from ambivalent feelings
- Exploration of person's personal reasons for making a change

BRINGING THE PERSON CLOSER TO WHERE THEY WANT TO BE FROM WHERE THEY ARE RIGHT NOW



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### Core strategies



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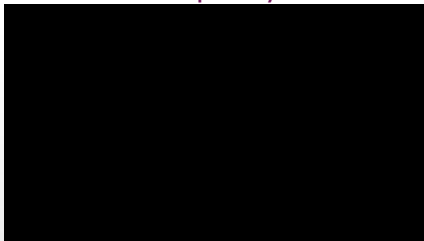
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### Empathy



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**Thanks For Listening!**

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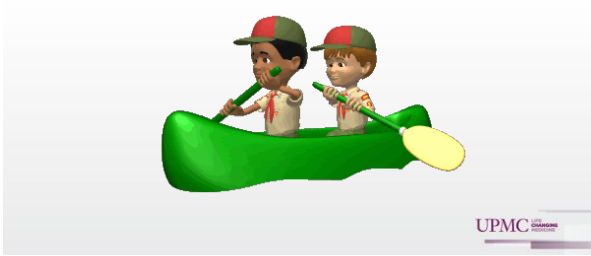
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## OARS



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## Reflections

- Amplified
- Double-sided
- Shifting focus
- Reframe

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## Batting Practice



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Change is hard. Let's just do what we always do and call it a "tradition"



someecards  
water card

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## Change Talk



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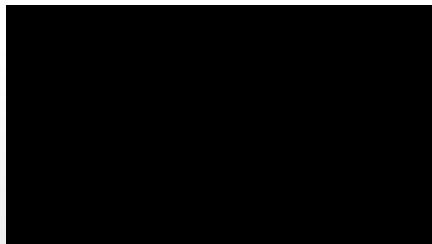
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### Drumming for Change



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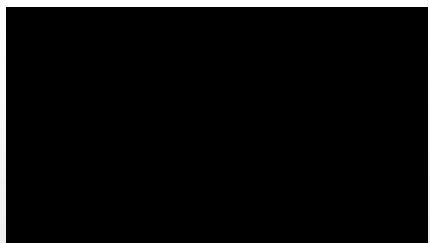
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## Elicit, Provide, Elicit



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## Thank YOU!

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