

INTEGRATING MI SKILLS

Open Questions

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Affirmations

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Reflections

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Summary Statements

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Agenda-Mapping

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Recognizing/Responding
to Change/Sustain Talk

PRINTING INSTRUCTION:

Print the sheets double-sided on card stock with this page on one side and the next page on the reverse. Then use a paper cutter to create the cards. Make as many sets as you need for the number of groups of six in your workshop—give one set of cards to each group, and one card per person.

Affirmations are a way of highlighting something positive or a strength the client demonstrates. It is not the same as praise. Turn to the person next to you and give them an affirmation, based on what you have observed of their behaviour/participation in this workshop.

Have a conversation about any topic, asking several questions. Remember that for every closed question, you should ask 2 or 3 open ones.

Have a brief conversation with a partner about their commitment to practice Motivational Interviewing after this workshop, and when you think it's appropriate summarize what they have said. Don't forget to check in with them to see if you got it right!

You can use a simple or complex reflection, or both! Ask the person next to you "What is your favourite food, and why?" Then reflect back to them what you have heard.

While a partner is discussing an issue they are considering changing listen carefully for change talk and reflect it back to them.

Ask a partner to discuss various issues that they would like to change or address. Then help them identify what those issues are and how they might prioritize.