

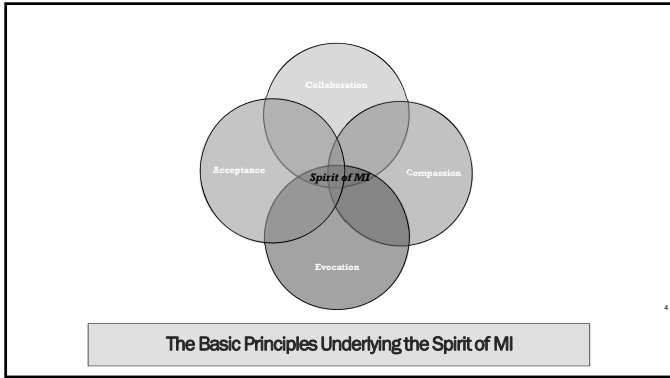
Advancing Motivational Interviewing
Continuing Skills Practice and Application of Approach

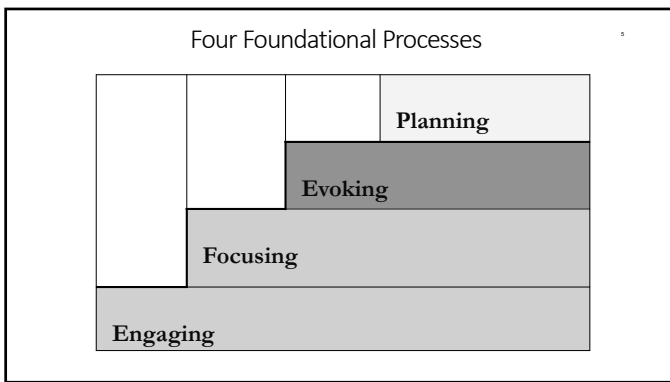
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Motivational Interviewing:
What is it?

- **Motivational Interviewing** is 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. (Miller and Rollnick, 2013, p. 29)





Motivational Interviewing Techniques

Remember A ROSE – this is how we develop empathy

- Affirmations
- Reflections
- Open ended questions
- Summaries
- Elicit – Provide – Elicit (Ask – Offer – Ask)