

Eight Stages of Learning Motivational Interviewing (MI)

1. Using overall spirit of MI
2. Applying OARS in conversations
3. Recognizing change talk and sustain talk
4. Eliciting and strengthening change talk
5. Rolling with resistance (Discord)
6. Developing a change plan
7. Consolidating commitment
8. Transition and blending

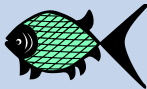
Three Essential Elements Motivational Interviewing



MI is a particular kind of conversation about change (counseling, therapy, consultation, method of communication)



MI is collaborative (person-centered, partnership, honors autonomy, not expert-recipient)



MI is evocative, seeks to call forth the person's own motivation and commitment

Four Processes...Another Look

- **ENGAGE...**INVITATION Shall we...?
- **FOCUS...**the conversation Where shall we go?
- **EVOKE...**Why is this on the agenda?
- **PLAN...**How shall we get there?

