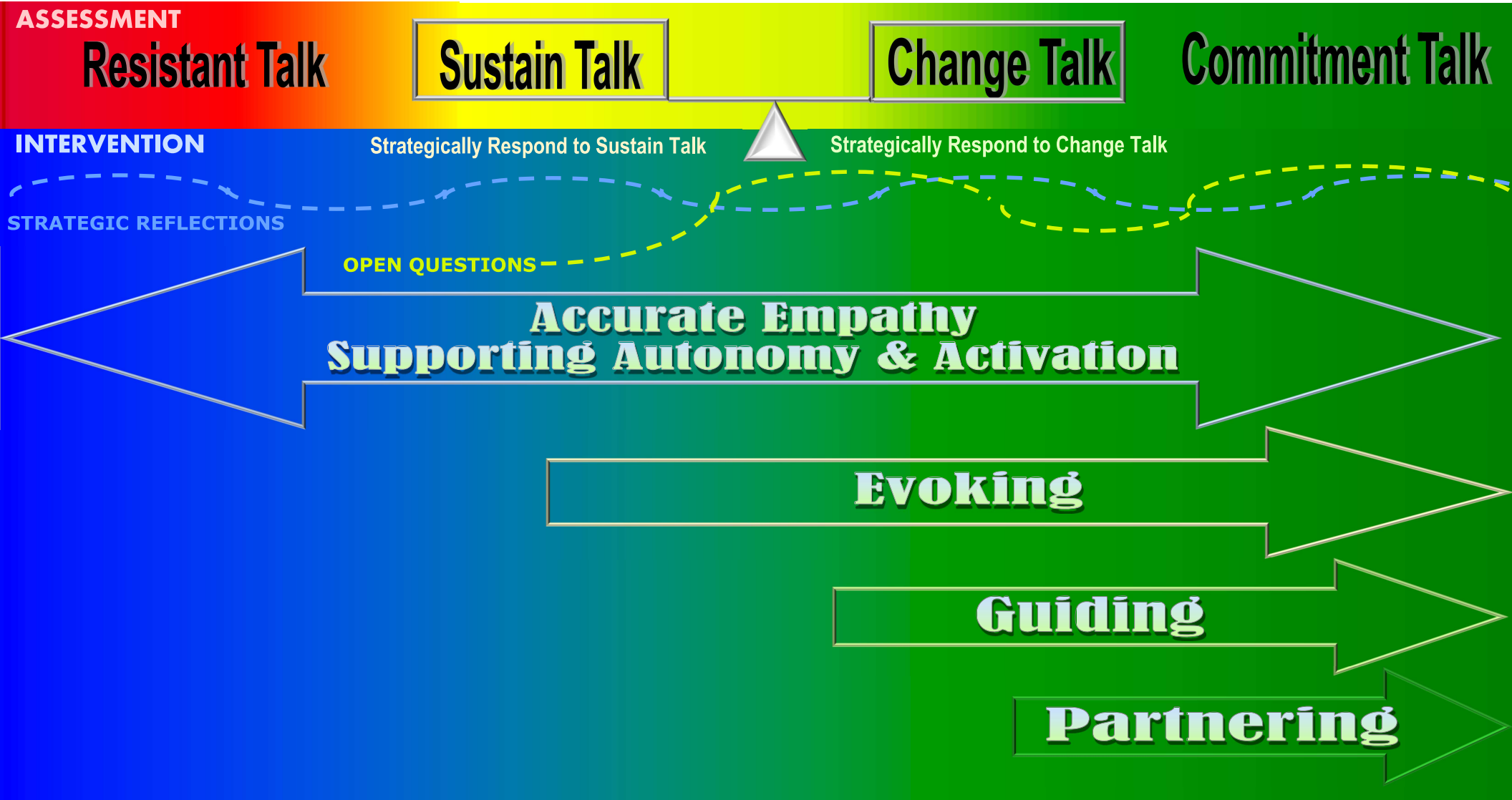




# Motivational Interviewing

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Engage	Focus	Plan	Pursue
<ul style="list-style-type: none"> <li>Righting/Fixing Reflex</li> <li>Equipoise</li> <li>Detach from Their Outcome</li> <li>Active Listening</li> <li>Express Deep Empathy</li> <li>Feel Seen, Heard, and Understood</li> </ul>	<ul style="list-style-type: none"> <li>Motives in Relation to Presenting Problem/Target Behavior</li> <li>Rescuing CT from ST</li> <li>Reflect/Evoke/Strengthen "Change Talk"</li> <li>Listen/Reflect Values... the 'Why'</li> <li>Evoke "Top of the Mountain"</li> <li>Expand on "Importance"</li> <li>Explore/Deepen "Change Talk" &amp; "Top of Mountain"</li> <li>Affirm CT-Based Thoughts/Solutions/Behaviors</li> </ul>	<ul style="list-style-type: none"> <li>Targets that increase "Confidence"</li> <li>Evoke/Identify steps</li> <li>Measurable change plan</li> <li>Assess &amp; address barriers</li> <li>Assess/affirm/incorporate strengths</li> <li>Other EBPs (i.e. CBT, DBT, TF-CBT)</li> <li>Reflect/Deepen "Commitment Talk"</li> </ul>	<ul style="list-style-type: none"> <li>Implement/Monitor Plan</li> <li>Support Self-Efficacy</li> <li>Support Self-Affirmation</li> <li>Reassess "Top of the Mountain"</li> <li>Revise PLAN as needed</li> </ul>