# Job Corps Training on Motivational Interviewing May 5 & 19, 2020

**Principles of Motivational Interviewing (MI)**

* Express Empathy
* Developing Discrepancy
* Rolling with Resistance
* Support self-efficacy

**MI Steps**

1. Establishing rapport, setting the agenda and getting permission
2. Gather information – OARS

* **O**pen-ended questions

**Video Resources**

* Clinician not using MI  
  <https://www.youtube.com/watch?v=80XyNE89eCs&t=2s>
* Validation  
  <https://www.youtube.com/watch?v=Cbk980jV7Ao> (till 3:30)
* Clinician Using MI  
  <https://www.youtube.com/watch?v=URiKA7CKtfc>
* **A**ffirmations
* **R**eflective listening
* **S**ummarizing

1. Eliciting change talk – self-motivation

* Rolling with resistance
* Assess 0-10 importance/confidence
* Probe higher/lower

1. Closing the encounter

* Offer advice if appropriate
* Emphasize choice
* Express Confidence

**MI Don’ts**

* Give unsolicited advice
* Fall into the question/answer trap – patient should do most of the talking
* Argue
* Label or blame
* Focus prematurely on the solution