The Basics of Motivational Interviewing

**Spirit of MI**
- Partnership
- Acceptance
- Compassion
- Evocation

**When Experiencing Resistance...**
- Express empathy
- Amplify ambivalence
- Roll with resistance
- Support self-efficacy

**The Core Interviewing Skills**
- Open-ended questions
- Affirmation
- Reflective listening
- Summarize

**Change Talk Model**
- Desire to change
- Ability to change
- Reasons to change
- Need to change
- Commitment to change