

## Lesson 0907

Video/CD Title: Motivational Interviewing Training – Part 4  
Disc Start Time: 00:00

Author: The Change Companies  
Disc End Time: 1:05:03

**Instructions:** Based on the training video you are about to watch, learning motivational interviewing (MI) appears to be more about the spirit of MI instead of a series of steps or a technique to follow. MI is founded on a few basic principles upon which the facilitator (that's you) must buy into and apply in order to successfully utilize MI. The principles are as follows:

- All of the greatness an individual needs in order to make positive change in his life is already inside of him.
- The best expert on the individual is the individual himself.
- MI seeks to honor the individual in need of change by allowing the individual to be the center of the process instead of the facilitator. It is a collaboration between the two people.
- The best motivation for change can be found inside of the individual.
- MI seeks to empower the individual for change by drawing out his own change talk which in turn leads to actual change.
- Compassion and empathy for the individual are the driving force behind MI.

For most of this lesson, the form is structured to facilitate you taking notes. Interspersed within the lesson are opportunities to reflect on what you are seeing. It is recommend you that you pause frequently to takes notes and/or answer questions.

### Drill Down 1:

- In the sample interview (“Conflicting Agendas in Focusing & Planning”), notice how much the client is hiding from the interviewer. What does the interviewer do to draw out more of the truth of the situation? When it came time to start the planning process, what did you notice about how the interviewer helped the client to navigate through this process.

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### Discussion 2: Clinical Challenges in Motivational Interviewing

#### Drill Down 2:

- Deconstructing “Resistance” – Sustain Talk & Discord:

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- In the sample interview (“Responding to Discord & Sustain Talk”), the client comes into the interview with an attitude. How does the interviewer deal with the client’s attitude and guide him from sustain talk into change talk?

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- In the sample interview (“Reflective Listening with a Nonverbal Client”), the client comes in to discuss problems but is not really very forthcoming. Does the interviewer ever specifically ask what the problems are? How does the interviewer actual get the client to open up about the problems he’s there to discuss? How might you use the technique you observed here to help one of your brothers to drill down on an issue?

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