
THE BASICS

FOUNDATION OF MI

PARTNERSHIP: Patients are the experts of their own lives. We are here as a guide in creating change, rather than dictating it.

EVOICATION: Patients are allowed space to discover their own values, priorities and goals. We are here to reinforce those values and support change.

ACCEPTANCE: Patients are allowed to want or not want to make a change. We are here to highlight their strengths and provide an empathetic perspective.

COMPASSION: Each Patient's wellbeing and welfare are supported selflessly. We are here to reflect their values, not to determine them.

CORE SKILLS

- Open questions
- Affirmations
- Reflections
- Summarizing

These are used to ensure open dialogue and exchange of information. Sharing information is considered a “two-way street” where both people are learning what the other knows.

THE PROCESS

ENGAGING your patient by listening and asking questions to promote and affirm autonomy

FOCUSING on a plan created by your patient reflecting their values and goals

EVOKING clarity of your patient's stage of change and ambivalence

PLANNING a direction and set of next steps based on your patient's values and goals