



**Sheffield
Hallam University**

SHARPENS YOUR THINKING

Motivational Interviewing

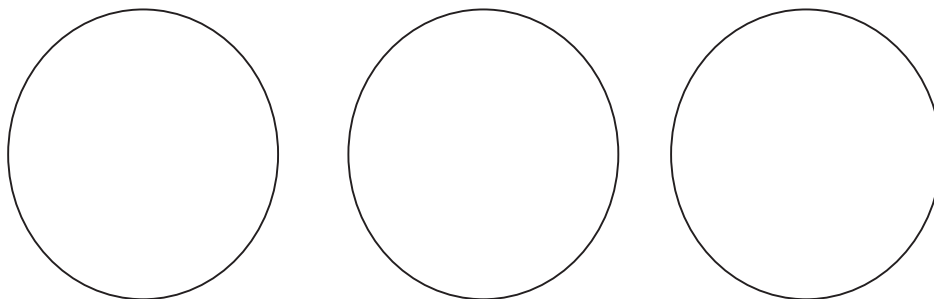
Practice resources pack

Dr. Jeff Breckon CPsychol.

Motivational Interviewing Network of Trainers
(MINT)



Agenda setting (identifying target behaviours)



****How important?***

Decisional balance

TARGET BEHAVIOUR: _____

	PROS	CONS
CHANGE		
NO CHANGE		

****How ready are you?***

Importance/Readiness/Confidence ruler

On a scale of 0-10 how important is it that you _____ or how confident are you that you _____

What puts you at a _____ and not a _____? (lower number) What would it take to move you from a _____ to a _____? (higher number)

Readiness/Confidence Ruler

Topic	Not Ready			Unsure			Ready			Trying	
	1	2	3	4	5	6	7	8	9	10	
	1	2	3	4	5	6	7	8	9	10	
	1	2	3	4	5	6	7	8	9	10	
	1	2	3	4	5	6	7	8	9	10	
	1	2	3	4	5	6	7	8	9	10	
	1	2	3	4	5	6	7	8	9	10	
	1	2	3	4	5	6	7	8	9	10	

****How confident?***

ACTION PLANNING

The change I want to make is:

The most important reasons why I want to make this change are:

I plan to do these things in order to accomplish my goals:

<u>Specific action</u>	<u>When?</u>

Other people could help me with change in these ways:

<u>Person</u>	<u>Possible ways to help</u>

These are some of the obstacles to change, and how I could handle them:

<u>Possible obstacles to change</u>	<u>What I will do</u>

If I lapse I will do the following:

I will know that my plan is working when I see these results:

How confident am I that I can make this change?

0 1 2 3 4 5 6 7 8 9 10

Not at all

Extremely

Confident

confident

OBSERVERS SHEET

SIMPLE REFLECTION (S): Essentially a repetition or slight rewording of
what the client said

COMPLEX REFLECTION (C): Paraphrasing meaning, continuing the
paragraph, or otherwise reflecting a level of
content or feeling beyond that which the client
voiced

REFLECTIVE SUMMARY (RS): Counsellor pulled together two or more client
statements into a summary, including material
that had not been voiced by the client
immediately before

Characteristic		Frequency count
SIMPLE REFLECTION (S)		
COMPLEX REFLECTION (C)		
REFLECTIVE SUMMARY (RS)		
QUESTION (Q)	CLOSED (CQ)	
	OPEN (OQ)	
AFFIRMATION (A)		
GAVE TIME/SPACE		
OTHER (e.g. ADVICE GIVING)		