Skills

Motivational Interviewing

1) familiarity with client-centered counseling techniques
2) empathetic listening
3) reflective listening
4) using double sided reflections to convey the cost/benefits of behaviors to the client
5) ability to conduct a decisional balance exercise with the client
6) helping client to develop discrepancy between their ideal and current behaviors
7) instilling a sense of self-efficacy
8) using open-ended questions to explore current behaviors
9) helping the client to identify goals and values
10) eliciting change talk from the client
11) “rolling with” client resistance, rather than being combative
12) being open-minded to the client’s beliefs and presentation
13) acknowledgement of the client’s freedom to choose
14) prompting the client to achieve greater self-awareness
15) collaborating with the client to promote motivation to change