

# Motivational Interviewing

## Helping You to Help Others

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### **What is motivational interviewing?**

This evidence-based treatment method helps you to assist others who may be interested in making a positive change in their lives (e.g., managing symptoms of mental illness, substance abuse, or chronic illnesses, such as diabetes or heart disease). The goal of this method is to build trust, improve outcomes and promote recovery. Using motivational interviewing will keep you focused on the person you are serving so that you can encourage his or her motivation to change.



## Prepare yourself before helping someone who may be interested in considering or making a change.

**Asking yourself these questions will increase self-awareness about your attitudes, thoughts and way of communicating:**

1. Do I listen more than I talk?
2. Do I keep myself open and sensitive to the person's concerns?
3. Do I encourage the person to talk about and explore options for change?
4. Do I invite the person to talk about reasons for not changing?
5. Do I ask permission before offering feedback or my own ideas?
6. Do I reassure the person that feeling unsure about wanting to change or how to change is normal?
7. Do I help this person recall past successes or challenges and then connect them to present efforts to change?
8. Do I try to understand this person?
9. Do I repeat back to the person what I am hearing to confirm I understand correctly?
10. Do I value this person's opinion or point of view as much as I do my own?
11. Do I remind myself that this person is capable of making good choices?

**For more information about Motivational Interviewing or training opportunities, please contact the Jackson Health Network at (517) 841-7477.**