

## Structure



## Motivational Interviewing

- Present clear and neutral information about behavior and outcomes
- Provide positive feedback
- Develop appropriate goals
- Elicit and reinforce self motivational statements



## Competence

## Autonomy Support



## Motivational Interviewing

- Present options
- Let client make decisions
- Develop discrepancy
- Rolling with resistance



## Autonomy

## Involvement



## Motivational Interviewing

- Express empathy
- Demonstrate empathy
- Demonstrate understanding
- Avoid criticism and judgment
- Explore client's concerns



## Relatedness