

# Motivational Interviewing *Spirit*



Partnership



Acceptance



Compassion



Empowerment

## Motivational Interviewing *Process*

### Planning

*How and When?*

Goal: Partner with patient to form a change plan.

### Evoking

*Whether and Why?*

Task: Evoke change talk to enhance motivation to change.

### Focusing

*What are we working on?*

Task: Identify the common goal. Set the agenda.

### Engaging

*Do you want to work together?*

Task: Establish a mutually trusting and respectful helping relationship. (20%)