



Online Learning for the Behavioral Health Workforce

# Motivational Interviewing – Into Practice

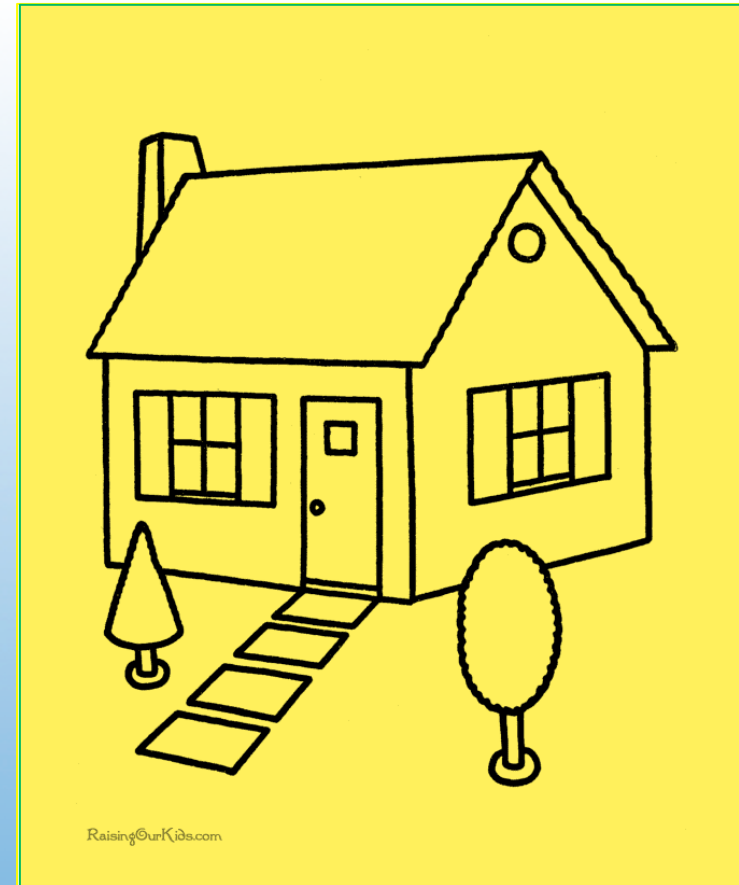
Week #8



# Week #8 - Agenda

- Review of Learning Activity
- Motivation & Planning
- Elicit – Provide – Elicit
- Readiness Ruler & Planning
- Reflecting on our 8-weeks together

# Let's Talk About Last Week's ...



Moving Toward Change



Motivation

# Elicit – Provide – Elicit

## Elicit

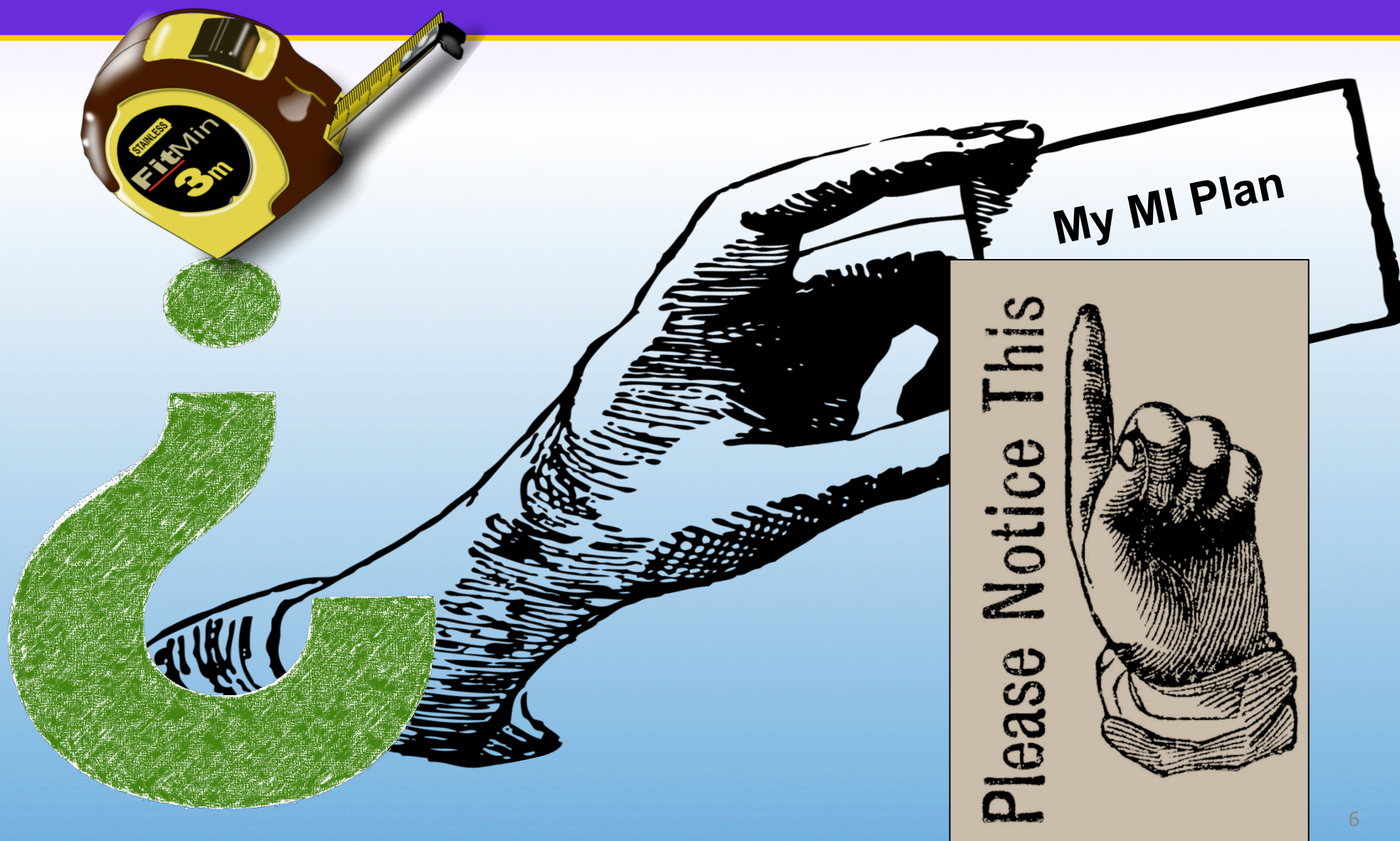
- **Evoke ideas, solutions, strategies from the person (client/patient)**
- **Evoke person's (client/patient) motivation(s)**
- **Reactions, thoughts & questions about what was provided**

## Provide

- **When asked**
- **With permission**
- **Digestible amount**
- **Ask for reactions, thoughts & questions about what was provided**
- **Qualify with affirmation of their autonomy**



# Readiness Ruler & Planning – Activity



# Our 8-weeks together



# Life – Learning Activity

YOur



*And to all of you ...*



*... keep practicing & all the best!!!*