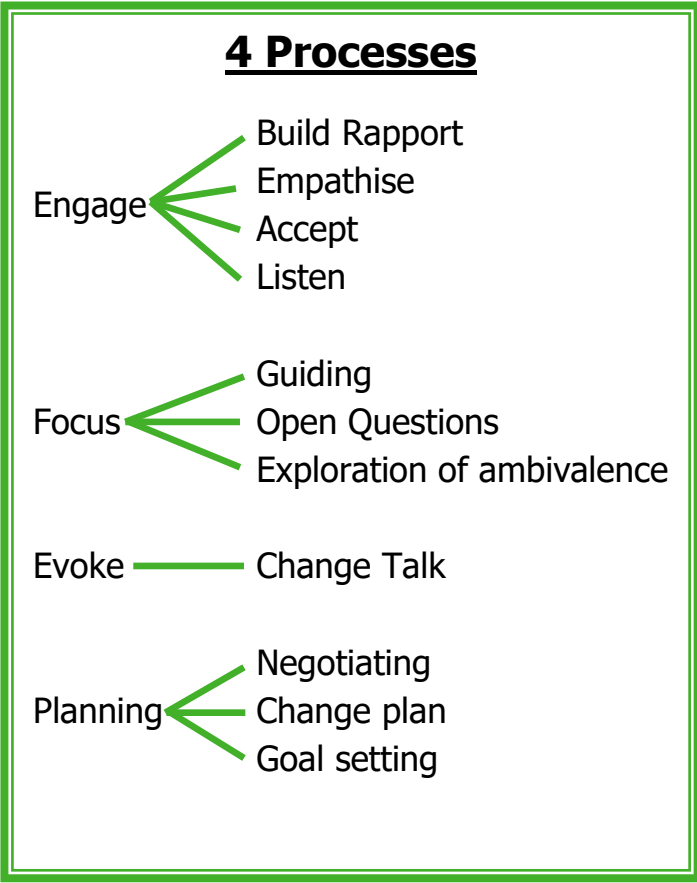


**Spirit**  
 Autonomy  
 Acceptance  
 Collaboration  
 Compassion  
 Education  
 Partnership

**Motivational Interviewing Mind Map**



**Motivational Interviewing**

- Principles**
- Build Rapport- Express Empathy
  - Double Sided Reflection- Develop Discrepancy
  - Reflect, Reflect, Emphasis- Roll with Resistance
  - Affirmation- Support Self-Efficacy

- Technical**
- Open Questions
  - Affirmation
  - Reflective
  - Summarise
  - Encouraging Change Talk
  - Evocative Questions
  - Decision Balance- Good Things/Bad Things
  - Importance and confidence
  - Scaling Questions
  - Looking forward/looking back
  - Exploring Extremes-Worse case/Best Case
  - Exploring Goals and Values

- Working with sustain
- Overcoming Barriers
- Reflections
  - Simple
  - Double
  - Strategic
  - Reframe
  - Agreement with twist amplified
- Shifting Focus
- Emphasising personal choice and control