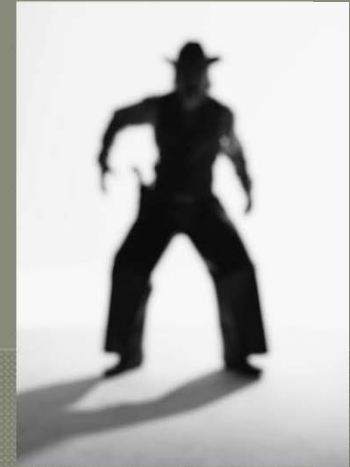




THE GOOD
THE BAD
AND
THE UGLY



**Of Using Motivational
Interviewing with Patients.**



The Spirit of Motivational Interviewing requires a paradigm shift in our approach with patients

From

- Authoritative/Expert Directing Approach
- Patient Education Approach

To

- Patient Self-motivation Centered Approach

The Spirit of Motivational Interviewing

“ACE”

● **Autonomy not Authority**

- It is the client who is in charge of his or her change process and whether or not he or she will make any change at all.

● **Collaboration not Confrontation**

- Partnership that supports the self-efficacy of the patient

● **Evocation not Education**

- The patient is the expert and we elicit insight rather than impart information and “wisdom”.

The Principles of Motivational Interviewing

“RULE”

R – Resist the “Righting Reflex”

U – Understand your Patient’s Motivations

L – Listen with Empathy

E – Empower Your Patient

Discussion

- What were the provider and the patient thinking about each other?
- How would you describe the conversation.
- What was the provider able to achieve in the meeting?
- How was the spirit and principles of MI supported?

THE UGLY



You

THE BAD



You

Discussion

- What were the provider and the patient thinking about each other?
- How would you describe the conversation.
- What was the provider able to achieve in the meeting?
- How was the spirit and principles of MI supported?

SPIRIT

Autonomy not Authority

Collaboration not Confrontation

Evocation not Education

PRINCIPLES

R – Resist the “Righting Reflex”

U – Understand your Patient’s Motivations

L – Listen with Empathy

E – Empower Your Patient

THE GOOD



Discussion

- What were the provider and the patient thinking about each other?
- How would you describe the conversation.
- What was the provider able to achieve in the meeting?
- How was the spirit and principles of MI supported?

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