

MI Skills Practice

(with acknowledgement to Cardiff Motivational Interviewing Workshops for the inspiration behind some of these exercises).

Exercise 1: Forming reflections

Create reflective statements from the following information:

1. Eva is talking about alcohol addiction

“I don’t want my daughter to have the same life as I’ve had”

2. Stan is talking about feeling depressed

“I set my alarm every morning to get out of bed early, but I just end up going back to bed”

“no-one else knows what it is like to feel like”

3. Sylvia is talking about her weight

“I would like to lose weight but it just feels impossible as I have never managed it”

Exercise 2: watching the you tube video that you have been, identify the characteristics that are consistent with MI (type of style, use of OARS, agenda setting, change talk, reflections etc.)

Exercise 3: MI practice

In 3s or 4s, engage in an MI conversation about an area of uncertainty or ambivalence in your life. One MI interviewer, one client, one observer. Then swap. Note the characteristics of MI and use of OARS etc.

Exercise 4 (end of session): Receiving Affirmations

How would you feel to receive the following affirmations below about your efforts today? Write down how they make you feel. What effect does each of these statements have on you?

“its important that you keep practicing your skills”

“you care about doing well on this course”

“even though you have lots on your plate, you have made the effort to engage today”

Exercise 5: Offering Affirmations

Write down a couple of sentences about things you may struggle with on this course. In groups of 3-4, one at a time read out your statement, with the next person offering an affirmation. Then the next person reads their statement, followed by the person next to them offering an affirmation.

NB: praise versus affirmations!