

MOTIVATIONAL INTERVIEWING GIVES CLIENTS

AUTONOMY

**a provider respects, honors,
and emphasizes a client's
control and choice over
the outcome**

HIGHLIGHT THE CLIENT'S PERSONAL CHOICE OR COMPETENCE

You should do what's right for you.

You've thought a lot about this. You've
already done a lot to....

You've been very proactive with....

ASK FOR PERMISSION BEFORE OFFERING A SUGGESTION, PREFACE WITH PERMISSION TO DISAGREE, AND OFFER A MENU OF OPTIONS TO REMIND THEM IT'S THEIR CHOICE ON NEXT STEPS

Would it be okay if I shared some of the strategies
other people have used?

There are a couple things that might work
for you here....

USE AFFIRMATIONS THAT ARE SPECIFIC TO THE CLIENT

It's really smart of you to use your phone to
remember to take your medications.

You've been really good keeping up with your
treatment plan. I can really see your commitment to
your health and your family.



Mountain Plains ATTC (HHS Region 8)

ATTC

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