



## **Level 1 Monarch MI Workshop Tools and Skills Reminders**

**We thought having a list of the skills, concepts, and processes that were covered in the Level 1 Monarch Motivational Interviewing workshop would be a valuable reference to remind you of the options you have for using MI with your clients/patients:**

“If this session were worthwhile, what will have happened for you/what will be different?” Follow up at end of your session ~ did you get what you wanted

The power for client/patient behaviour change comes from the relationship we establish and cultivate with our client/patient

Drop assumptions

Powerful questions, GET curious ~ What’s important...

Mirror: physical & reflecting back verbally

Acknowledge / Affirm; if sincere, you cannot over-acknowledge

O.A.R.S. + Advising with Permission E~P~E

The Wheel as a method for listing behaviour and/or belief options

Empathy ~ being ‘over there’ with clients

Listening at Levels 2 & 3

Michelangelo Belief / NCRW

Action/learning = MI; you are having an MI conversation when one and/or both of these two things are happening, you are creating learning and/or getting client/patient into an action (behaviour change step)

Accountability: What will you do (specific)? (By) when? What do you need by way of support, if at all, to make sure you do this for yourself

Summarize – when possible, have your client/patient do the summary

Choice (find opportunities for client to choose)

Transparency

Mining for values, finding out what's important

Readiness/confidence/commitment ruler

Inquiry

Silence

The 4 steps in MI: Engaging Focusing Evoking and Planning

At the end of an MI session, revisit the worthwhile session wants/desires to check if client got what they wanted from the session