



## **Levels 1 and 2 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 and Level 2 Monarch Motivational Interviewing workshops 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

Listening for motivational shifting ~ the 0 – 10 evoking motivation exercise; being attentively aware of the shift from status quo to change talk by focusing on what draws out motivation from your clients/patients

Complex reflections added to simple reflections

Perspectives

Perspective Shifting MI style

DARN Preparatory Change Talk – Desire Ability Reason Need

CATs or ACTs Mobilizing Change Talk – Commitment Activation Taking Steps

Ways to Elicit Change talk (from 2 workshop handouts)

Decisional Balance concept

Planning re setting behaviour change goals e.g SMART goals

Listening always at levels 2 and 3