

<p>What does ambivalence mean?</p> <p>Answer:</p> <p>When someone feels two ways about making a change</p>	<p>What is the difference between change talk and sustain talk?</p> <p>Answer:</p> <p>Change talk = any language in favor of change</p> <p>Sustain talk = any language against making the change or language supporting the status quo</p>
<p>Name one MI Strategy you can use with a client during case planning</p> <p>Possible answers:</p> <p>Affirmations, Reflections, Eliciting Change Talk, Agenda Mapping (focusing), Elicit-Provide-Elicit</p>	<p>What is reflective listening?</p> <p>Answer:</p> <p>Reflecting back what the client said and/or making a hypothetical guess at that person's true meaning beyond what the client verbalized.</p>
<p>Give an example of a heavy weight affirmation</p> <p>Possible answer:</p> <p>Any affirmation that speaks to a person's character. For example, "That took a lot of <i>courage</i>" or "You've shown a lot of <i>insight</i>."</p>	<p>What is the Righting Reflex?</p> <p>Answer:</p> <p>The reflex to "fix" someone's problem. This can be a trap when someone just wants to be listened to and can also increase the rate of attractiveness of the problem behavior.</p>
<p>Besides Corrections, what other fields are using MI?</p> <p>Answer:</p> <p>CD, Medical, any field that works with people and change behavior</p>	<p>Convert this question to an open question "Do you have concerns about your relationship with your parents?"</p> <p>Possible answer:</p> <p>"What concerns do you have about your relationship with your parents?"</p>

<p>What does self-efficacy mean?</p> <p>Answer:</p> <p>A person's belief in the possibility of change. The Person's belief they can change and have ideas about how to go about change</p>	<p>What is the difference between a light weight and a heavy weight affirmation?</p> <p>Answer:</p> <p>LW: affirmations of support and appreciation</p> <p>HW: affirmations speaking to client's character or specific positive traits</p>
<p>Fill in the blank:</p> <p>The ability to actively listen to understand the client's meaning and reflect back what the client means is accurate _____.</p> <p>Answer:</p> <p>empathy</p>	<p>How do you honor someone's autonomy?</p> <p>Answer:</p> <p>Explicitly letting them know it's their choice in the end.</p>
<p>What is the difference between a simple reflection and a complex reflection?</p> <p>Answer:</p> <p>A complex reflection adds meaning or unspoken emotion etc. and makes a hypothetical guess of what the person is really trying to say</p>	<p>What is the expert trap?</p> <p>Answer:</p> <p>The practitioner gives all kinds of "expert" advice and assumes responsibility for the change.</p>
<p>What does MI stand for?</p> <p>Answer:</p> <p>Motivational Interviewing</p>	<p>Name one sign that someone is ready to change</p> <p>Possible answers:</p> <p>Change talk Taking Steps to Action Action itself Commitment or Commitment Talk</p>

<p>Name a time when you should not use Motivational Interviewing Techniques.</p> <p>Answer:</p> <ul style="list-style-type: none"> • Safety issues • Active Suicide • Active Psychosis 		<p>Name a specific target behavior where Motivational Interviewing would be helpful.</p> <p>Possible answers:</p> <p>Chemical use, finding pro-social friends, treatment, going to school, listening to parents. There are many possible targets.</p>
<p>Provide a complex reflection for this client statement:</p> <p>“I don’t want to be on probation”</p> <p>Possible Answer:</p> <p>“You want to get done with all of this stuff as soon as possible.”</p>		<p>Change this question to a reflection:</p> <p>“Do you want to stop drinking?”</p> <p>Possible answer:</p> <p>“You realize how great your life is when you are sober.”</p>
<p>Name one reason Motivational Interviewing is so useful</p> <p>Possible answers:</p> <ul style="list-style-type: none"> • Guide toward change • Engage with clients • Collaboration • Allows clients to find their own reasons to change 		<p>Name one reason Motivational Interviewing is so useful</p> <p>Possible answers:</p> <ul style="list-style-type: none"> • Guide toward change • Engage with clients • Collaboration • Allows clients to find their own reasons to change
<p>What is Sustain talk?</p> <p>Answer:</p> <p>Talk in favor of not changing or remaining in the status quo.</p>		<p>What is Intrinsic Motivation?</p> <p>Answer:</p> <p>Change from within “internal motivation”</p>

<p>Name a Motivational Interviewing Trap.</p> <p>Answer:</p> <ul style="list-style-type: none"> • Expert • Labeling Blaming • Shaming • Premature Focus • Confrontation-Denial • Question-Answer 	<p>Convert this question to a reflection :</p> <p>“Do you want to complete treatment?”</p> <p>Possible answer:</p> <p>“ You want treatment to be different this time.”</p>
<p>What are the 4 Motivational Interviewing Processes?</p> <p>Answer:</p> <p>Engaging, focusing, evoking and planning</p>	<p>Fill in the blank:</p> <p>When there is a gap between the clients value’s and his/ her behavior we can use motivational interviewing to develop_____.</p> <p>Answer: discrepancy</p>
<p>Name a Motivational Interviewing strategy for working with resistive clients.</p> <p>Possible answers:</p> <p>OARS especially reflections Agree with trust Roll with resistance Emphasize autonomy</p>	<p>What does PACE stand for?</p> <p>Answer:</p> <p>Partnership, Acceptance, Compassion and Evocation</p>
<p>Give an example of a double sided reflection</p> <p>Possible answer:</p> <p>“You don’t think it’s fair that you can’t drink and yet you want to get done with probation.”</p> <p>(end with positive)</p>	<p>What is change talk?</p> <p>Answer:</p> <p>Any statement made in favor of change</p>

<p>What does DARN-C Stand for?</p> <p>Answer:</p> <p>Desire, Ability, Reason, Need and Commitment</p>	<p>What does EARS Stand for?</p> <p>Answer:</p> <p>Evocative question Affirming Reflection Summarizations</p>
<p>Name one type of complex reflection</p> <p>Possible answers:</p> <p>Double sided Amplified Adding content Agreeing with a Twist Metaphor/ Simile Reframing</p>	<p>Name one Motivational Interviewing Skill you can use when someone relapses.</p> <p>Possible answers:</p> <p>Reflections, support self-efficacy, increase confidence and/or importance, instill hope</p>
<p>In the 1970's who ultimately created Motivational treatments?</p> <p>Answer:</p> <p>William Miller</p>	<p>When can you use Motivational Interviewing?</p> <p>Answer:</p> <p>You can be in the Motivational Interviewing spirit</p>
<p>Name one Motivational Interviewing strategy you can use to engage with a client?</p> <p>Possible answers:</p> <p>Open-ended questions Affirmations Reflecting Summarizing</p>	<p>Offer a reflection to this statement</p> <p>" I don't know if can quit smoking weed."</p> <p>Possible answer:</p> <p>"It's something you can never imagine yourself doing."</p> <p>– amplification (non-sarcastic tone needed)</p>

What Does OARS stand for?

Answer:

Open ended Questions

Affirmations

Reflections

Summaries

What kinds of questions are favored in Motivational Interviewing?

Answer:

Open ended questions

Team Consult

Team Consult

Next in Line

Next in Line