Introduction to Motivational Interviewing

Webinar series with Dr Stan Steindl, provided by Western Queensland PHN

May/June 2019

**Reflection Exercise. Resistance**

See if you can bring to mind a client or patient you have really struggled with. Here are some questions to reflect upon now, and perhaps after sessions with clients where you notice a lot of resistance or discord.

* What do I do well, in responding to the resistance?
* What techniques help to lessen the resistance?
* What has led to the resistance increase?
* What things could I do more of to help bring resistance back down?
* What does the resistance teach me about this client or patient and how best to work with them?