# Motivational Interviewing Reflection Tool

Date:

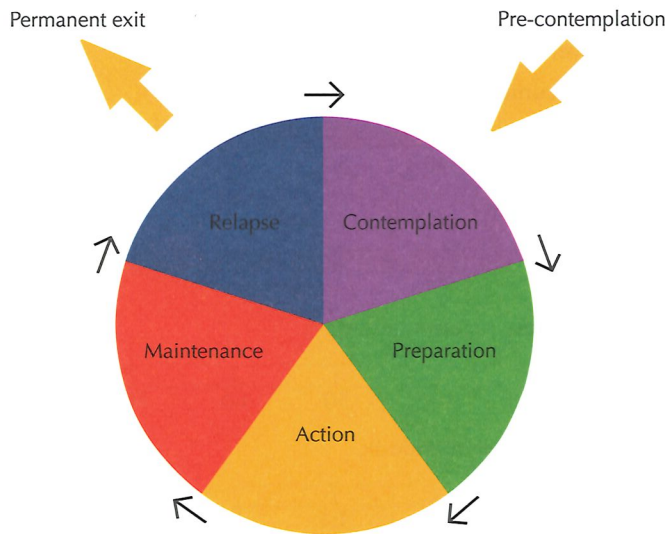Session No:

Client Initials/Identifier:

What is the primary target behaviour? Secondary target behaviour?

_____

Overall, how have things progressed since the last session (if relevant)?

_____

What do you estimate to be the client's current readiness to change?

_____



Adapted from Prochaska & DiClemente (1982). Transtheoretical therapy: Toward a more integrative model of change. Psychotherapy Research and Practice, 19 (3), 276 - 288.

What has been the focus of the motivational interview?

Introducing ambivalence _____

Exploring and resolving ambivalence _____

Strengthening commitment _____

# MI spirit

Mark an X in the box indicating the extent to which you were using the spirit of Motivational Interviewing:

1. Working in collaboration

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|
| _Not at all_ | | | | | | | | | _Very much_ |

2. Being evocative

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|
| _Not at all_ | | | | | | | | | _Very much_ |

3. Respect and supporting autonomy

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|
| _Not at all_ | | | | | | | | | _Very much_ |

# Change talk

What change talk was elicited from the client: DARN-C?

**Desire:** I want/like to

_____

**Ability:** I could/how

_____

**Reason:** The advantages/benefits of changing would be

_____

**Need:** I need/important to because

_____

**Commitment:** I will/am going to

_____

# MI skills

Motivational Interviewing core skills used (OARS) and comments regarding how client responded. The recommended level is shaded yellow.
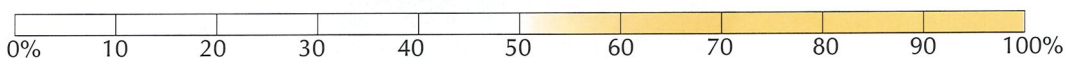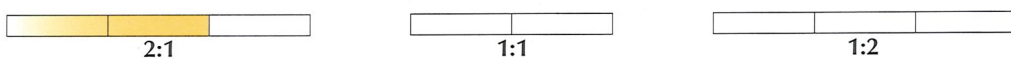
**Open ended Questions (70% recommended):**

| 0% | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100% |

**Affirmation (genuine, respectful, timely)**

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

*Not at all*                                                    *Very much*

**% Complex reflections (50% or more recommended):**

| 0% | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100% |

**Ratio of reflections:questions (2:1 recommended):**

2:1          1:1          1:2

**Summary** _____

**Other MI principles and strategies used:**

1.  Expressing empathy ☐
2.  Developing discrepancy ☐
3.  Rolling with resistance ☐
4.  Supporting self-efficacy ☐
5.  Asking for elaboration/examples ☐
6.  Decisional Balance ☐
7.  Change Rulers ☐
8.  Values Enquiry ☐
9.  Coming alongside ☐
10. Reframing ☐
11. Emphasising personal choice ☐

What went well in this session?

_____

**% Clinician time talking (50% or less recommended):**

| 0% | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100% |
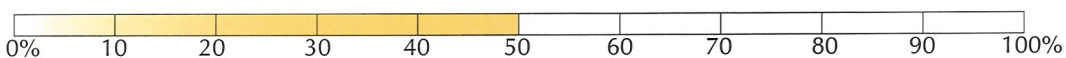
What was difficult?  In looking back at this session, what might be helpful to try in the next session?

_____

_____