

Colombo Activity



Colombo Exercise – Answer Copy

Before Video Instructions: We will be watching a clip (hyperlink below) from Colombo and discussing his strategy for eliciting information. Pay special attention to any MI skills that he may be using such as OARS and how he uses the spirit of MI.

After watching the video clip: get into a group of 4. Please spend 8 mins discussing and answering the below questions. Assign a note taker/presenter. After completing this sheet your group will present to the larger group.

1) What did you notice about this approach, how would you describe it, what makes it unique?

a. Non-judgmental	h. Flattering
b. Humble	i. Confused
c. Empathetic	j. Just trying to get it straight
d. Compassionate	k. Wants to hear you out
e. Personable	l. Curious
f. Non-intrusive	m. Genuine
g. Guiding	n. interested

2) What MI interventions did Colombo use? Can you think of examples?

Open Ended Questions	“can you account for that?”
Reflections	“that was all in his mind,” “he had no money,” “he sounds mixed up,”
Paraphrasing	“Nephew was coming to party...called to be a little late... knew it was a costume party...”
Affirmation	“wonderful speech, very touching”
Siding with the negative	“this whole thing about the automobile was in his mind...”
Rolling with Resistance	“that’s a good point sir... that would explain it, much obliged”
Developed Discrepancy	“would he spend \$520 on Champaign and the same day call you up for a bone?” “if he knew he was going to a costume party, why wouldn’t he have a costume...”

3) What are 2 phrases that Combo did (or could) use to develop discrepancy?

- “something’s missing here...”;
- “that don’t add up...”
- “It’s probably nothing sir, but...”
- Help me understand
- I am confused
- I don’t think that I am understanding

4) How did (or did not) Colombo embody the MI Spirit (CAPE) during the interaction?

- Compassion**
- Acceptance (Autonomy)**
- Partnership**
- Evocation**

5) The Colombo Approach in Motivational Interviewing:

- What can we learn from the Colombo Approach in Motivational Interviewing?**

Consider rapport, stage of change. Consider processes of MI (engaging, focusing, evoking, planning) and spirit of MI.





b. When would this be appropriate/ When would this approach be inappropriate?

<https://www.youtube.com/watch?v=pZiv8vkxMac>

Colombo Exercise: Participant Copy

Instructions: In a group of 4 please spend 8 mins discussing and answering the below questions. Assign a note taker/presenter. After completing this sheet your group will present to the larger group.

1. What did you notice about this approach, how would you describe it, what makes it unique?

2. What MI interventions did Colombo use? Can you think of examples?

3. What are 2 phrases that Combo did (or could) use to develop discrepancy?

4. How did (or did not) Colombo embody the MI Spirit (CAPE) during the interaction?

5. The Colombo Approach in Motivational Interviewing:
 - a. How would we integrate a Colombo Approach in Motivational Interviewing with our clients?

 - b. When would this be appropriate/ When would this approach be inappropriate?



