



MI Concept Review Activity

Skills:

- Recalling MI basic concepts

Materials:

- Small slips of paper with key concepts from MI (half sheets in color card stock are best)
- Write the following categories on the board: MI Spirit, MI Skills, MI Processes, Types of conversation styles, Traps to Engagement, Types of client statements

Instructions:

1) SET UP: Each table community (TC) will be provided with a set of 5-10 paper slips with basic MI concepts on them. TC should identify one note taker, one presenter, one process facilitator, one content facilitator (discussion leader).

2) REVIEW AND DISCUSS: Tables are invited to review these words and discuss them as a group. Some key discussion points are: 1) what does this mean in the context of MI, 2) why is it important to helping others, 3) what is an example from my practice, 4) questions about this term.

3) POST: Ask each table to tape their paper under the appropriate category on the wall. As they take a bathroom break, the facilitator can rearrange to the appropriate category.

4) PRESENT: Each group will present on their terms to full group. Meaning and importance of each term should be presented, and if questions presented the instructor should defer first to the group for answers.

Motivation	Open Ended Question
Ambivalence	Reflection
Intrinsic	Double Sided Reflection
Extrinsic Motivation	Amplified Reflection
Change Talk	Complex Reflection
Sustain Talk	Values
Self Efficacy	Apologizing
Righting Reflex	Compassion
Discord	Evocation
Change Goal	Elicit
Acceptance	Partnership (Collaboration)
Autonomy	Equipoise
Affirmation	Guiding
Expert	Blaming
Confront/Deny	Question/Answer
Labeling	Premature Focus