

Motivational Interviewing Rating and Feedback

Use the following scale to observe motivational interviewing microskills, functional response to change/sustain talk, and the spirit of MI. Provide specific examples and feedback to the clinician to help increase competence and routine practice of Motivational Interviewing.

1	2	3	4	5
Fundamentally Inconsistent	Generally Inconsistent	Emerging Competence	Competent	Proficient
<p>The practitioner may:</p> <ul style="list-style-type: none"> • Use communication that generates more or strengthens sustain talk • Not respond to change talk when present • Invalidate concerns or goals • Appear scripted • Focus on their own expertise • Offer no validation, empathy, or recognition of where the client/family is • Display no use of skill allowing the client to simply vent or dominate the session 	<p>The practitioner may:</p> <ul style="list-style-type: none"> • Maintain or slightly strengthen sustain talk • Miss multiple opportunities to respond to change talk • Engage in little exploration of client's perspective • Offer little validation or empathy OR overtly agree with everything • Offer little guidance in terms of session direction 	<p>The practitioner may:</p> <ul style="list-style-type: none"> • Use microskills but sometimes reinforce sustain talk in attempt to express empathy/validate • Reflect change talk and sustain talk without much regard to how this propels the conversation • Attempts to persuade but with permission • Recognize discord but seem unsure on how to follow up • Be focused questions and answers as a means to better understand • Engage in information giving to guide the conversation 	<p>The practitioner may:</p> <ul style="list-style-type: none"> • Reflects sustain talk as a means of validation • Demonstrate awareness of the importance of evoking and responding to change talk • Asks permission before advice giving or sharing insights • Seek client contribution to session and goals • Balance questions and reflections to generate deeper understanding • Skillfully respond to sustain talk or discord • Remain focused on the goals at hand pointing out if this has changed during interaction 	<p>The practitioner may:</p> <ul style="list-style-type: none"> • Be comfortable when sustain talk presents and skillfully reflect (even when change talk is not present) • Deepens change talk • Uses knowledge of the client/family to provide insight • Assists client with the right path to accomplish goals

Motivational Interviewing Microskills

Provide specific examples of each skill observed in the respective section. If there is area for improvement (such as missed opportunities to utilize these microskills), please provide this feedback. If none were observed in session, note this as well. Provide overall feedback on the use of microskills using the scale outlined above.

Open Questions

Affirmations

Reflections

Summaries

Overall rating of microskills:

Comments:

Functional Response to Sustain Talk and Change Talk

Provide specific examples of each skill observed in the respective section. If there is area for improvement on these skills either specifically or generally, please provide this feedback. If none were observed in session, note this as well. Provide overall feedback on response to ambivalence or discord using the scale outlined above.

Recognition of Sustain Talk:

Response to Sustain Talk:

Recognition of Change Talk:

Response to Change Talk:

Overall Rating:

Comments:

Motivational Interviewing Spirit

Provide a general rating for how the practitioner engaged with the client/family. Consider their skills in valuing the therapeutic relationship as a partnership, understanding and accepting the client or family's abilities and experiences, using compassion for the client/family, and evoking client/family goals, strengths, and change talk.

Overall Rating:**Comments:**