**Motivational Interviewing Case Formulation Template**

| Spirit of MI | 1. Change is internal to all of us; it’s a natural part of being human; therapist doesn’t create change  
| 2. Client centered  
| 3. Addresses and resolves ambivalence  
| 4. Curious stance, not controlling |
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| Principles | 1. Express empathy  
| 2. Develop discrepancy  
| 3. Roll with resistance  
| 4. Support self-efficacy |
| Techniques | 1. Open-ended questions  
| 2. Affirmations  
| 3. Reflections  
| 4. Summaries |
| Stages of Change | For each issue, client will typically be in a different stage of change:  
| 1. Pre-contemplation  
| 2. Contemplation  
| 3. Preparation/determination  
| 4. Early Action  
| 5. Later Action  
| 6. Maintenance  
| 7. Relapse/recycle |
| Change Talk | Look for and respond to:  
| 1. Desire to change  
| 2. Ability to change  
| 3. Reasons to change  
| 4. Need to change  
| 5. Start to change  
| 6. Committed to change |
| Traps | Therapy will often get stuck if the therapist gets stuck in one of the following “traps” that go against the spirit of MI:  
| 1. Close ended questions  
| 2. Premature focus  
| 3. “expert” trap  
| 4. Labeling  
| 5. Blaming  
| 6. Externalizing |
| Strategies | 1. Pros and Cons  
| 2. Looking forward, looking back  
| 3. Discussion of stages of change |
| Strategies                          | 4. Good things, not such good things  
|                                   | 5. Values inventory  
|                                   | 6. FRAMES  
|                                   | 7. Readiness ruler  
|                                   | 8. Change worksheet |