

Motivational Interviewing Case Formulation Template

<p style="text-align: center;">Spirit of MI</p>	<ol style="list-style-type: none"> 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
<p style="text-align: center;">Principles</p>	<ol style="list-style-type: none"> 1. Express empathy 2. Develop discrepancy 3. Roll with resistance 4. Support self-efficacy
<p style="text-align: center;">Techniques</p>	<ol style="list-style-type: none"> 1. Open-ended questions 2. Affirmations 3. Reflections 4. Summaries
<p style="text-align: center;">Stages of Change</p>	<p>For each issue, client will typically be in a different stage of change:</p> <ol style="list-style-type: none"> 1. Pre-contemplation 2. Contemplation 3. Preparation/determination 4. Early Action 5. Later Action 6. Maintenance 7. Relapse/recycle
<p style="text-align: center;">Change Talk</p>	<p>Look for and respond to:</p> <ol style="list-style-type: none"> 1. Desire to change 2. Ability to change 3. Reasons to change 4. Need to change 5. Start to change 6. Committed to change
<p style="text-align: center;">Traps</p>	<p>Therapy will often get stuck if the therapist gets stuck in one of the following "traps" that go against the spirit of MI:</p> <ol style="list-style-type: none"> 1. Close ended questions 2. Premature focus 3. "expert" trap 4. Labeling 5. Blaming 6. Externalizing
<p style="text-align: center;">Strategies</p>	<ol style="list-style-type: none"> 1. Pros and Cons 2. Looking forward, looking back 3. Discussion of stages of change

Strategies	<ol style="list-style-type: none">4. Good things, not such good things5. Values inventory6. FRAMES7. Readiness ruler8. Change worksheet
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