

Interagency Council on Intermediate Sanctions



APRIL EBP TIP OF THE MONTH

Spirit of Motivational Interviewing:
Acceptance through Empathy

Motivational Interviewing Spirit Elements

- **PARTNERSHIP:** Alliance honoring clients expertise. Atmosphere that is conducive not coercive to change
- **EVOCAATION:** Client's intrinsic motivation to change. Their own resources and motivation for change
- **COMPASSION:** Actively promoting the other person's welfare and giving priority to their needs
- **ACCEPTANCE:** Absolute worth, autonomy, accurate empathy & affirmation

For this month's TOM, we will focus on the spirit of acceptance.

Acceptance is...

- Absolute worth
- Autonomy
- Accurate empathy
- Affirmation

The key to practicing acceptance is to have accurate empathy.

- Empathy involves seeing the world through the client's eyes. Thinking about things as the client thinks about them, feeling things as the client feels them and sharing in the client's experiences.

Please click the link below to view this video on empathy.

○ [Empathy Video](#)

After the video, consider the following questions.

- What is the difference between empathy and sympathy?
- What are the four qualities of empathy?
- What does empathy mean to you in the work that you do?