



JANUARY 2024 Tip of the Month

MI: Offering Ideas

Brought to you by

ICIS Interagency Council on
Intermediate Sanctions

Motivational Interviewing: Offering Ideas

(MI - Curriculum)

MI Way of Telling Someone What to Do without Telling Them What to do:

1. Avoiding the “Righting Reflection” which is our temptation to correct or teach someone how to do it ‘right way’ or our way.
2. Righting Reflect is not MI adherent as it does not allow for the client to come up with their own solutions.

*When we give suggestions, the clients may push back simply because it is not their idea.

MI way is to ask them for their ideas first and probe around why and how the idea would work.

If we offer idea, we ‘ask permission’ to offer ideas so when the client agrees they are open to the idea and you’ll receive less push-back.

Video: Offering Ideas

<https://youtu.be/CeAyduKt9IY?si=xkK-8UsKZ5mc5Bbu>