



MARCH 2024 Tip of the Month

MI: Responding to Emotions- Patience

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ICIS Interagency Council on
Intermediate Sanctions

Motivational Interviewing: Responding to Emotions- Patience

(MI - Curriculum)

Motivational Interviewing is a meaningful conversation about CHANGE

1. Sometimes the change topic pertains to **emotions** of the client.
2. It is very useful to apply OARS skills to a conversation about emotions.

***Be careful to not fall into the “traps”; Avoid “roadblocks”:**

ex. Advice Giving, Pre-mature Focus Trap (see MI curriculum for full list)

To mitigate “traps” and “roadblocks”, utilize OARS skills:

- Open Question- gets more details about the context of the emotional topic
- Reflection- allows the client to be confident the practitioner is truly listening
- Affirmation- gives real-time feedback to the client about the process of sharing the topic: “I know how hard it is to share about a personal topic, thanks for opening up, etc”

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Motivational Interviewing is a meaningful conversation about CHANGE and the use of OARS is a fundamental skill.

Exercise:

Count how many OARS used by the interviewer.

Note the types of STEMS used by the interviewer

Video: Responding to Emotions- Patience

<https://youtu.be/dazdUa2eTWE>