

Motivational Interviewing

Tips to Lighten Your Load



Share the Responsibility for Change

Even though we are helping professionals, taking over with our helping reflex with clients leads to client disempowerment, dependency and exhausts US! Our role is to help others help themselves!

You Don't Have to Have All The Answers

You don't have all the answers anyway! Once you come to terms with this, the burden of "helping others" is lifted from our shoulders. We become able to help others help themselves. We are not alone in the conversation or relationship. Your client is your teacher!

You Don't Have to Be the Problem Solver

Sure, being solution focused is great! But only when our clients are willing, ready, and able to apply the solutions. Assess the stage of readiness your client is in, and if they are actually ready to problem solve and change plan, share the problem solving with your client! They likely have ideas about how to go about the change they need!

When in Doubt, Reflect

When you aren't sure what to say, reflect back! Listen beneath the surface to what your client is saying. Hold that mirror up, and allow it to be!

Get Comfortable with Silence

This isn't easy for most of us! Sometimes we fill in with talking when allowing for silence invites the client to pick up the conversation.

Ask- Offer- Ask

Before giving information or advice, ask first! "What thoughts do you have about this?" Then, ask permission to offer info or advice. After you have provided that, ask again! "How might that fit or not fit for you?"