

MI Concept Review

Sort, talk through and teach back the big ideas

Time

30 to 45 minutes

Group

Table groups

You need

Concept cards, tape, a board

Set up

Write these categories on the board: MI spirit, MI skills, MI processes, conversation styles, traps to engagement, types of client statements. Give each table 5 to 10 concept cards.

How it works

- 1 Pick roles.** Each table chooses a note taker, a presenter, a process facilitator and a discussion leader.
- 2 Talk it through.** For each card: What does it mean in MI? Why does it matter for helping? What's an example from my practice? What questions do we have?
- 3 Post.** Tables tape their cards under the category they fit. During a break, the facilitator can move any that belong elsewhere.
- 4 Teach back.** Each table presents its terms: what they mean and why they matter. When questions come up, the facilitator turns to the group first.

Concept cards

Print on card stock and cut along the dashed lines.

Motivation	Ambivalence	Intrinsic motivation
Extrinsic motivation	Change talk	Sustain talk
Self-efficacy	Righting reflex	Discord
Change goal	Acceptance	Autonomy
Affirmation	Open question	Reflection
Double-sided reflection	Amplified reflection	Complex reflection
Values	Apologizing	Compassion
Evocation	Eliciting	Partnership
Equipoise	Guiding	Expert trap
Blaming trap	Confrontation-denial trap	Question-answer trap
Labeling trap	Premature focus trap	