Hello everyone,

Thank you for your participation in our first module of the motivational interviewing section of Clinical Conversations. As a quick visual review, this image shows the four elements of the spirit of motivational interviewing1 surrounding a central focus of MI, which is helping someone work through ambivalence about change1,2. As we move forward, we will talk about various questioning strategies that are part of MI, but this image shows that the spirit of MI is not necessarily one thing that a person can do, but instead an attitude that they bring to a conversation about change1.



References:

1. Gold, M., Kelly, T., Douihy, A. (2015). *Motivational Interviewing: A Guide for Medical Trainees.* New York: Oxford University Press.
2. Britt, E., Hudson, S. & Blampied, N. (2003). Motivational Interviewing in Health Settings: A Review, 53, 147-155.