**Core Principles**

The core principles of Motivational Interviewing are4:

* 1. **Express empathy**
	2. **Support self-efficacy**
	3. **Roll with resistance**
	4. **Develop discrepancy**

**MI Related Skills- OARS**

The core principles are goals of a motivational interviewing encounter, but require questioning skills. OARS stands for a set of skills that can help a provider reach these goals. OARS stands for:

1. **Open ended questions**: Questions that cannot be answered with a simple “yes” or “no”2,3,6,7
2. **Affirmation**: a statement about the patient that highlights the positive6,3
3. **Reflection:** provider repeats or restates what the patient told them2
4. **Summarization:** tie together the main points of your conversation3 (can include the above skills)1,3,4



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