

**2025 MINT-Sponsored TNT**

**Standardized Patient Interview Self Reflection Form**

What was the target change of your SPI?     Tobacco smoking  \_\_\_\_\_\_\_     Sleep habits \_\_\_\_\_\_\_

Choose **two** (and only two) of the following elements of Motivational Interviewing to address in your reflection.

* MI spirit (as a whole or individual components; partnership, acceptance, compassion, empowerment)
* Autonomy support
* Expression of empathy; quality of reflective listening
* Technical skills (cultivating change talk, softening sustain talk)
* Managing the righting reflex (if present)
* Dancing with discord (if needed)
* Exchanging information (if done)

1. **After listening to your session, describe one of the above elements that you see as a strength in your MI practice that is demonstrated in this sample.** Give examples when possible. (no more than 150 words).

1. **After listening to your session, either give an example of an element that you might like to see improvement from an MI perspective or a skill area that you would like to focus on building** (no more than 150 words).

**When completed, send form to** [**janet.cote@centrecmi.ca**](mailto:janet.cote@centrecmi.ca)