Giving Information (GI) 4 criteria — CHEAT SHEET!

1. Providing feedback from assessments, lab work, BAC levels, sugar levels — anything pertinent to the intervention.
2. Collateral contacts: Doctor, PO, family member calls with info to share with client.
3. Explaining ideas or concepts for structured therapeutic tasks: Thought journal, food journal, how to use a pedometer.
4. Educating about a topic related to the Target Behavior.

1

Questions
*Open questions (OQ) Tell me about that, what else? What was that like?
*Closed question (CQ) — yes or no response, or a question one might ask on an assessment.

2

MIA Motivational Interviewing Adherent (4 criteria)

1. Asking permission prior to giving information, advice or fact.
2. AFFIRMING the client by CATCHING THEM DOING SOMETHING RIGHT! Abilities, strengths, successes of any type
3. Emphasizing client's CONTROL, FREEDOM of CHOICE, AUTONOMY and ABILITY TO DECIDE.
4. Supporting the client with statements of compassion + empathy. Coming alongside, normalizing, taking note of their values.

3

MINA Motivational Interviewing Non-Adherent (3 clear criteria)

1. Advising without permission, making suggestions, offering solutions. Stem words: SHOULD, WHY DON'T YOU, CONSIDER, TRY, YOU WILL, YOU NEED TO, SUGGEST, ADVISE.
2. Confronting the client by directly or indirectly discounting, disagreeing, shaming, arguing, correcting, questioning the client's honesty, ridiculing, labeling and re-stating negative information.
3. DIRECTING by giving orders, telling them what to do, language is imperative and a tone of "I am in charge here!" is often present

4

*SIMPLE REFLECTIONS (SR): Rephrase or restate what client said.
*COMPLEX REFLECTIONS (CR): Double-sided, Metaphor, Finishing the Paragraph, Noting emotional affect, Amplified, and as Jan Knapp Manuel says "Anything that puts some OOOMPH into it."

5

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