

Enhanced Motivational Interviewing

Permission Questions

Objective: Use closed-end questions to get client’s permission to do something, shift topic, etc.

Rationale: Promotes client engagement and partnership

2-Step Method:

1. Ask client a permission question
2. Listen to their response and continue if “yes”. If “no” explore to understand and pivot as needed.

Examples of Permission Questions

1. “Are you open to feedback?”
2. “Can we move to another topic?”
3. “Can we build our agenda for this meeting?”
4. “Can I make a suggestion?”
5. “Are you open to hearing a different perspective?”
6. “Can we explore what others have done to succeed?”

Practice event:	What went well?	What to shift, work on
1.		
2.		
3.		
4.		
5.		

Skill Development

P: Pick a Skill
R: Review Components
E: Execute Skill

E: Evaluate results
N: Needed to improve?
D: Do-Over to develop competency