

動機式訪談法中英對照語詞彙表^{1 2}

The English-Chinese Glossary of Motivational Interviewing Terms

Ability 能力

A form of client³ *preparatory change talk* that reflects perceived personal capability of making a change; typical words include *can, could, and able*.

一種當事人預備型改變語句，反映自覺有個人能力作出改變；常見字眼包括能夠、可以和有能力。

Absolute Worth 絕對價值

One of four aspects of *acceptance* as a component of MI *spirit*, prizing the inherent value and potential of every human being.

接納（MI 精神的一個組成部分）的四個範疇之一，珍視每個人的固有價值和潛能。

Acceptance 接納

One of four central components of the underlying *spirit* of MI by which the interviewer communicates *absolute worth, accurate empathy, affirmation, and autonomy support*.

MI 精神的四個中心部分之一。透過這精神，訪談者表達絕對價值、準確同感、肯定和支持自主性。

Accurate Empathy 準確同感

The skill of perceiving and reflecting back another person's meaning; one of four aspects of *acceptance* as a component of MI *spirit*.

一種理解和反映另一個人的意思的技巧；接納（MI 精神的一個組成部分）的四個範疇之一。

Activation Language 啟動性語言

A form of client *mobilizing change talk* that expresses disposition toward action, but falls short of *commitment language*; typical words include *ready, willing, considering*.

一種當事人行動型改變語句，表達準備行動的傾向，但仍未達到承諾性語言；常見字眼包括準備、願意和考慮。

Affirmation 肯定

One of four aspects of *acceptance* as a component of MI *spirit*, by which the counselor accentuates the positive, seeking and acknowledging a person's strengths and efforts.

接納（MI 精神的一個組成部分）的四個範疇之一。透過這精神，諮詢者強調正面的東西，探尋和確認一個人的長處和努力。

Affirming 肯定

An interviewer statement valuing a positive client attribute or behavior.

一種訪談者聲明，重視當事人的正面特質或行為。

Agenda Mapping 議題配對

A short *focusing* metaconversation in which you step back with the client to choose a *direction* from among several options.

一種簡短聚焦的討論，過程中你和當事人退後一步，為雙方的討論在數個選擇中揀選一個方向。

Agreement with a Twist 同意中帶轉折

A *reflection, affirmation, or accord* followed by a reframe.

一個反映、肯定或同意之後加一個重新釋義。

Ambivalence 矛盾心態

The simultaneous presence of competing motivations for and against change.

支持和反對改變的動力同時存在而又相互對抗的狀態。

Amplified Reflection 放大式反映

A response in which the interviewer reflects back the client's content with greater intensity than the client had expressed; one form of response to client *sustain talk* or *discord*.

一種訪談者回應，對當事人的內容比當事人表達的強度以更大的程度反映；一種對當事人的持續語句或不和諧的回應方式。

Apologizing 致歉

A way of responding to *discord* by taking partial responsibility.

一種以承擔部分責任來作為對不和諧的回應方法。

Assessment Feedback 評估的回饋

Providing a client with personal feedback of findings from an evaluation, often in relation to normative ranges; see *Motivational Enhancement Therapy*.

對當事人的評估結果提供個人化的回饋，通常輔以與正常範圍的關聯；見動機增強治療。

Assessment Trap 評估的陷阱

The clinical error of beginning consultation with expert information gathering at the cost of not listening to the client's concerns. See also *Question-Answer Trap*.

一種臨床誤差，開始諮詢時採集專門資料而犧牲傾聽當事人的顧慮。見問與答的陷阱。

Autonomy Support 支持自主性

One of four aspects of *acceptance* as a component of MI *spirit*, by which the interviewer accepts and confirms the client's irrevocable right to self-determination and choice.

接納（MI 精神的一個組成部分）的四個範疇之一。透過這精神，訪談者接納和確定當事人不能被取走的自決權和選擇權。

Blaming Trap 指責的陷阱

The clinical error of focusing on blame or fault-finding rather than change.

一種臨床誤差，聚焦於責備或找過錯多於改變。

Bouquet 結集

A particular kind of *summary* that collects and emphasizes the client's *change talk*.

一種特定的摘要，彙集和強調當事人的改變語句。

Brainstorming 腦力激蕩

Generating options without initially critiquing them.

引發不同選項而在起初時不對其作出批評。

CATs

An acronym for three subtypes of client *mobilizing change talk*: *Commitment*, *Activation*, and *Taking Steps*.

三種當事人行動型改變語句（承諾、啟動和採取步驟）的一個首字母縮略詞。

Change Goal 改變的目標

A specific target for change in *motivational interviewing*; typically a particular behavior change, although it may also be a broader goal (e.g., glycemic control) toward which there are multiple avenues of approach.

動機式訪談法中的一個特定改變目標；通常是一個特定的行為改變，雖然它也可以是一個有不同處理方法的較廣泛目標（如血糖控制）。

Change Plan 改變的計劃

A specific scheme to implement a *change goal*.

一種執行改變目標的特定計劃。

Change Ruler 改變尺

A rating scale, usually 0–10, used to assess a client's motivation for a particular change; see *Confidence Ruler* and *Importance Ruler*.

一種通常是 0-10 分的等級量表，用以評估當事人對於一個特定改變的動機；見信心尺和重要尺。

Change Talk 改變語句

Any client speech that favors movement toward a particular *change goal*.
任何當事人有關傾向移近一個特定改變目標的言語。

Chat Trap 閒聊的陷阱

The clinical error of engaging in excessive small talk and informal chat that does not further the processes of *engaging, focusing, evoking, and planning*.
一種臨床誤差，投入於過量的聊天和隨意的閒聊而沒有在導進、聚焦、喚出和計劃的過程中進一步。

Client-centered Counseling 以當事人為中心諮詢

See *Person-centered Counseling*.
見以人為中心諮詢。

Closed Question 封閉式問題

A question that asks for yes/no, a short answer, or specific information.
一種詢問是/否、短答案或特定資料的問題。

Coaching 教練

The process of helping someone to acquire skill.
幫助某人學到技巧的過程。

Collaboration 協作

See *Partnership*.
見合作。

Collecting Summary 彙集式摘要

A special form of *reflection* that pulls together a series of interrelated items that the person has offered. See also *Summary*.
一種反映的特別方式，收集一連串對方提出過的相關事項。見摘要。

Coming Alongside 順勢而行

A response to persistent *sustain talk* or *discord* in which the interviewer accepts and reflects the client's theme.
一種對於堅持的持續語句或不和諧的回應，當中訪談者接納和反映當事人的主題。

Commitment Language 承諾性語言

A form of client *mobilizing change talk* that reflects intention or disposition to carry out change; common verbs include *will, do, going to*.
一種當事人行動型改變語句，反映作出改變的意向或傾向；常見動詞包括會、將會和打算。

Compassion 至誠為人⁴

One of four central components of the underlying *spirit* of MI by which the interviewer acts benevolently to promote the client's welfare, giving priority to the client's needs.
MI 精神的四個中心部分之一。透過這精神，訪談者善意地促進當事人的福祉，將當事人的需要作優先考慮。

Complex Reflection 複雜式反映

An interviewer *reflection* that adds additional or different meaning beyond what the client has just said; a guess as to what the client may have meant.
一種訪談者反映，加入比當事人剛剛所說的額外或不同的意思；一種對當事人可能所意味的估計。

Confidence Ruler 信心尺

A scale (typically 0-10) on which clients are asked to rate their level of confidence in their ability to make a particular change.
一種量表（通常 0-10），在此當事人被要求去評定他們對於自己作出一個特定改變的能力的信心水平。

Confidence Talk 信心語句

Change talk that particularly bespeaks *ability* to change.
特定地預示出有能力去改變的改變語句。

Confront 對質

(1) as a goal: to come face to face with one's current situation and experience; (2) as a practice: an MI-inconsistent interviewer response such as warning, disagreeing, or arguing.

(1) 作為一種目標：與一個人的現況和經驗面對面對抗；(2) 作為一種做法：一種和 MI 不一致的訪談者回應，如警告、不同意或爭論。

Continuing the Paragraph 接續語段

A method of *reflective listening* in which the counselor offers what might be the next (as yet unspoken) sentence in the client's paragraph.

一種反映式傾聽的方法，當中諮詢者提供在當事人的語段中可能是下一句而又未說出來的句子。

DARN

An acronym for four subtypes of client preparatory change talk: *Desire, Ability, Reason, and Need*.

一個首字母縮略詞，表示當事人預備型改變語句的四種類型：渴望、能力、理由和需要。

Decisional Balance 決策性平衡

A choice-focused technique that can be used when counseling with neutrality, devoting equal exploration to the pros and cons of change or of a specific plan.

一種集中於選擇的技巧，可以被採用於帶有中立性地諮詢時，對改變或一個特定計劃的好處和壞處投放同等的探索。

Depth of Reflection 反映的深度

The extent to which a *reflection* contains more than the literal content of what a person has already said. See also *Complex Reflection*.

反映中包含多於一個人所說的字面內容的程度。亦可見複雜式反映。

Desire 渴望

A form of client *preparatory change talk* that reflects a preference for change; typical verbs include *want, wish, and like*.

一種當事人預備型改變語句，反映對改變的偏向；典型動詞包括想、希望和喜歡。

Directing 指示

A natural communication style that involves telling, leading, providing advice, information, or instruction.

一種自然的溝通方式，包括吩咐、指引、給予建議、資料或指示。

Direction 方向

The extent to which an interviewer maintains in-session momentum toward a *change goal*.

訪談者在訪談中保持動力趨向改變目標的程度。

Discord 不和諧

Interpersonal behavior that reflects dissonance in the working relationship; *sustain talk* does not in itself constitute *discord*; examples include arguing, interrupting, discounting, or ignoring.

人際間的行為，反映出工作關係中的不調和；持續語句本身不構成不和諧；例子包括爭論、打斷、不盡信或忽視。

Discrepancy 差距

The distance between the *status quo* and one or more client *change goals*.

現狀和一個或多個當事人改變目標之間的距離。

Docere 灌輸

(Latin verb infinitive) To inform, in the sense of installing knowledge, wisdom, insight; etymologic root of *doctrine, indoctrinate, docent, and doctor*.

(拉丁語中的一個動詞) 去告知，從意義上說即裝入知識、智慧、頓悟；教條 (*doctrine*、灌輸 (*indoctrinate*)、講師 (*docent*) 和醫生/博士 (*doctor*) 的語源字根。

Double-Sided Reflection 雙面式反映

An interviewer *reflection* that includes both client *sustain talk* and *change talk*, usually with the conjunction "and."

一種訪談者反映，包含當事人的持續語句和改變語句，通常附著連接詞「而」。

Ducere 引出

(Latin verb infinitive) To elicit or draw out; a Socratic approach; etymologic root of education (*e ducere*); compare with *Docere*.

(拉丁語中的一個動詞) 去引出或掏出；一種蘇格拉底式的方法；教育 (*education; e ducere*) 的語源字根；與灌輸相比較。

Elaboration 闡述

An interviewer response to client *change talk*, asking for additional detail, clarification, or example.

訪談者對當事人改變語句的回應，詢問更多細節、說明或例子。

Elicit-provide-elicited 引出-提供-引出

An information exchange process that begins and ends with exploring the client's own experience to frame whatever information is being provided to the client.

一種資料交換的過程，開始和完結時探討當事人自己的經驗，以組織任何提供給當事人的資料。

Empathy 同感

The extent to which an interviewer communicates accurate understanding of the client's perspectives and experience; most commonly manifested as *reflection*.

訪談者向當事人的觀點和經驗傳達出準確理解的程度；大多時候以反映顯現出來。

Emphasizing Personal Control 強調個人控制

An interviewer statement directly expressing *autonomy support*, acknowledging the client's ability for choice and self-determination.

一種訪談者聲明，直接表達支持自主性，承認當事人對選擇和自決的能力。

Engaging 導進過程

The first of four fundamental processes in MI, the process of establishing a mutually trusting and respectful helping relationship.

MI 四個基本過程中的第一個，建立一個互相信任和尊重的有利關係的過程。

Envisioning 預視

Client speech that reflects the client imagining having made a change.

當事人的言語，反映出當事人正想像已經作出改變。

Equipose 不偏不倚

The clinician's decision to counsel with neutrality in a way that consciously avoids guiding a client toward one particular choice or change and instead explores the available options equally.

臨床人員在諮詢中抱持中立的決定，某程度上有意識地避免引導當事人傾向一個特定選擇或改變，反而同等地探索現有的選擇。

Evocation 喚出⁵

One of four central components of the underlying *spirit* of MI by which the interviewer elicits the client's own perspectives and motivation. See also *Ducere*.

MI 精神的四個中心部分之一。透過這精神，訪談者引出當事人自己的觀點和動機。亦可見引出。

Evocative Questions 喚出式問題

Strategic open questions the natural answer to which is *change talk*.

策略性的開放式問題，它的自然答案是改變語句。

Evoking 喚出過程

The third of four fundamental processes of MI, which involves eliciting the person's own motivation for a particular change.

MI 四個基本過程中的第三個，包含引出對方自己對一個特定改變的動機。

Expert Trap 專家的陷阱

The clinical error of assuming and communicating that the counselor has the best answers to the client's problems.

一種臨床誤差，假設和傳達諮詢者對當事人的問題有最好的答案。

Exploring Goals and Values 探索目標和價值觀

A strategy for evoking *change talk* by having people describe their most important life goals or values.
一種喚出改變語句的策略，讓人們形容他們極為重要的人生目標或價值觀。

Focusing 聚焦過程

The second of four fundamental processes of MI, which involves clarifying a particular goal or direction for change.

MI 四個基本過程中的第二個，包含釐定一個改變的特定目標或方向。

Following 跟隨

A natural communication style that involves listening to and following along with the other's experience without inserting one's own material.

一種自然的溝通方式，包含聆聽和跟從對方的經驗，不去加插自己的材料。

Formulation 建構

Developing a shared picture or hypothesis regarding the client's situation and how it might be addressed.

為當事人的狀況和它怎樣被處理建立一幅共享的圖畫或假設。

FRAMES

An acronym summarizing six components commonly found in effective brief interventions for alcohol problems: *Feedback, Responsibility, Advice, Menu of options, Empathy, and Self-efficacy*.

一個首字母縮略詞，摘要常見於對酗酒問題的有效短期介入的六個部分：回饋、責任、建議、選擇的清單、同感和自我效能。

Goal Attainment Scaling 目標實現的分級

A method originally developed by Thomas Kiresuk for evaluating treatment outcomes across a range of problem areas.

一個最初由 Thomas Kiresuk 建立的方法，檢討橫跨不同問題範圍的治療成果。

Goldilocks Principle 戈笛洛克斯原則（意指中庸之道）

In order to be motivating, a discrepancy should be not too large or too small.

為了能激發動機，一個差距不應該太大或大小。

Guiding 引導

A natural communication style for helping others find their way, combining some elements of both directing and following.

一種自然的溝通方式，結合指示和跟隨的一些元素，幫助別人找到他們的方法。

Implementation Intention 實行的意向

A stated intention or commitment to take a specific action.

一種被陳述出來要採取一個特定行動的意向或承諾。

Importance Ruler 重要尺

A scale (typically 0-10) on which clients are asked to rate the importance of making a particular change.

一種量表（通常 0-10），當事人被要求用它去評定作出一個特定改變的重要性。

Integrity 誠信

To behave in a manner that is consistent with and fulfills one's core values.

表現出與自己的核心價值觀一致並能使其實現的方式。

Intrinsic Motivation 內在動機

The disposition and enactment of behavior for its consistency with personal goals and values.

與個人目標和價值觀一致的行為意向和實現。

Key Question 關鍵問題

A particular form of question offered after a *recapitulation* at the transition from *evoking* to *planning*, that seeks to elicit *mobilizing change talk*.

一種特定的問題方式，在喚出過程過渡到計劃過程的概括後提出，務求引出行動型改變語句。

Labeling Trap 標籤的陷阱

The clinical error of engaging in unproductive struggles to persuade clients to accept a label or diagnosis.
一種臨床誤差，投入於說服當事人去接受一個標籤或診斷這種沒有效果的鬥爭。

Lagom 正好

(Swedish) Just right; not too large, not too small. See also *Goldilocks Principle*.
(瑞典語) 正好；不太大，不太小。亦可見**戈笛洛克斯原則**。

Linking Summary 連結式摘要

A special form of *reflection* that connects what the person has just said with something you remember from prior conversation. See also *Summary*.
一種反映的特別方式，連接對方剛說過的和一些你從之前對話記得的東西。亦可見**摘要**。

Looking Back 回看

A strategy for evoking client *change talk*, exploring a better time in the past.
一種喚出當事人**改變語句**的策略，探索以往一個比較好的時間。

Looking Forward 展望

A strategy for evoking client *change talk*, exploring a possible better future that the client hopes for or imagines, or anticipating the future consequences of not changing.
一種喚出當事人**改變語句**的策略，探索當事人希望或想像一個有可能的更美好將來，或預料不改變的長遠後果。

Menschenbild

(German) One's fundamental view of human nature.
(德語) 一個人對人性的基本看法。

MET

An acronym for Motivational Enhancement Therapy.
動機增強治療的首字母縮略詞。

MIA-STEP

A package of training materials for MI supervisors, produced by the U.S. Center for Substance Abuse Treatment.
由美國物質濫用治療中心為 MI 督導者製作的一套訓練材料。

MINT

The Motivational Interviewing Network of Trainers, founded in 1997 and incorporated in 2008 (www.motivationalinterviewing.org).
動機式訪談法導師網絡，創立於 1997 年並於 2008 年成為法定組織 (www.motivationalinterviewing.org)。

MISC

The Motivational Interviewing Skill Code, introduced by Miller and Mount as the first system for coding client and interviewer utterances within *motivational interviewing*.
《動機式訪談法技巧編碼》，由 Miller 和 Mount 提出，作為對當事人和訪談者在動機式訪談法中的言語作編碼的第一套系統。

MITI

The Motivational Interviewing Treatment Integrity coding system, simplified from the MISC and focusing only on interviewer responses, to document fidelity in MI delivery.
《動機式訪談法治療完整性》編碼系統，從 MISC 中簡化出來並只集中在訪談者回應上，去紀錄提供 MI 的保真度。

Mobilizing Change Talk 行動型改變語句

A subtype of client *change talk* that expresses or implies action to change; examples are *commitment*, *activation language*, and *taking steps*.
一種當事人**改變語句**的子類型，表達或意味作出行動去改變；例子有**承諾**、**啟動性語言**和**採取步驟**。

Motivational Enhancement Therapy (MET) 動機增強治療

A combination of *motivational interviewing* with *assessment feedback*, originally developed and tested in Project MATCH.

將動機式訪談法和評估的回饋結合，最初在 MATCH 項目中建立和測試。

Motivational Interviewing 動機式訪談法⁶

Lay definition: A collaborative conversation style for strengthening a person's own motivation and commitment to change.

大眾化的定義：一種協作性的對話方式，目的為強化一個人自己對改變的動機和承諾。

Clinical definition: A person-centered counseling style for addressing the common problem of ambivalence about change.

臨床的定義：一種以人為中心的諮詢方式，處理關於改變的矛盾心態這個常見問題。

Technical definition: A collaborative, goal-oriented style of communication with particular attention to the language of change, designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion.

技術上的定義：一種協作性和目標導向、特別著眼於改變語言的溝通方式，透過在一個接納和至誠為人的氣氛下引出和探索一個人自己對改變的理由，強化個人動機和對一個特定目標的承諾。

Need 需要

A form of client *preparatory change talk* that expresses an imperative for change without specifying a particular reason. Common verbs include *need, have to, got to, must*.

一種當事人預備型改變語句，表達作出改變的祈使語氣而沒有指明一個特定理由。常見動詞包括需要、要去、必須要去和一定要。

OARS

An acronym for four basic client-centered communication skills: *Open question, Affirmation, Reflection, and Summary*.

四個以當事人為中心的基本溝通技巧的首字母縮略詞：開放式問題、肯定、反映和摘要。

Open Question 開放式問題

A question that offers the client broad latitude and choice in how to respond; compare with *Closed Question*.

一種給予當事人廣闊的範圍和選擇作怎樣回應的問題；與封閉式問題作比較。

Orienting 定向

The process of finding a direction for change when the focus of consultation is unclear. See also *Focusing*.

一個當諮詢的焦點不明確而要尋找改變方向的過程。亦可見聚焦過程。

Overshooting 誇大

A *reflection* that adds intensity to the content or emotion expressed by a client. See also *Amplified Reflection*.

一種為當事人表達的內容或情緒增加強度的反映。亦可見放大式反映。

Partnership 合作

One of four central components of the underlying *spirit* of MI by which the interviewer functions as a partner or companion, collaborating with the client's own expertise.

MI 精神的四個中心部分之一。透過這精神，訪談者作為一個伙伴或同伴，本著當事人自己的知識和他協作。

Path Mapping 路徑配對

The process of choosing a *change plan* when there are several possible routes toward the goal.

當有數個通向目標的可能途徑時，選取一個改變計劃的過程。

Permission 許可

Obtaining by the interviewer of client assent before providing advice or information.

在提供建議或資料前，由訪談者向當事人獲取的同意。

Person-centered Counseling 以人為中心諮詢

A therapeutic approach introduced by psychologist Carl Rogers in which people explore their own experience within a supportive, empathic, and accepting relationship; also called *client-centered counseling*.

心理學家 Carl Rogers 提出的一套治療方式，當中人們在一個帶有支持、同感和接納的關係內探索自己的經歷；亦會稱作以當事人為中心諮詢。

Phase 1 階段一

A term used in prior editions of *Motivational Interviewing* to describe the earlier “uphill” period of engaging, guiding, and evoking, in which the general goal is to elicit and strengthen client motivation for change.

《動機式訪談法》之前的版本中被採用的一個術語，形容初期像「上山」般的導進、引導和喚出時期，當中大致的目標為引出和強化當事人的改變動機。

Phase 2 階段二

A term used in prior editions of *Motivational Interviewing* to describe the latter “downhill” period of planning in which the general goal is to elicit and strengthen *commitment* to a *change goal* and to negotiate a specific *change plan*.

《動機式訪談法》之前的版本中被採用的一個術語，形容較後期像「下山」般的計劃時期，當中大致的目標為引出和強化對於改變目標的承諾和商談一個特定改變計劃。

Planning 計劃過程

The fourth fundamental process of MI, which involves developing a specific *change plan* that the client is willing to implement.

MI 四個基本過程中的第四個，包含建立一個當時人願意執行的特定改變計劃。

Prefacing 序言

A specific form of *permission* in which the interviewer does not directly ask the client's leave to provide information or advice, but instead precedes it with an *autonomy support* statement.

許可的一種特定形式，當中訪談者不會直接詢問當事人對提供資料或建議的允許，但取而代之在提供之前加入一個支持自主性的聲明。

Premature Focus Trap 過早聚焦的陷阱

The clinical error of focusing before engaging, trying to direct before you have established a working collaboration and negotiated common goals.

一種未導進便聚焦、在建立到一個有效的協作和商談到共同目標之前嘗試去指示的臨床誤差。

Preparatory Change Talk 預備型改變語句

A subtype of client *change talk* that expresses motivations for change without stating or implying specific intent or commitment to do it; examples are *desire*, *ability*, *reason*, and *need*.

一種當事人改變語句的子類型，表達改變的動機而沒有聲明或意味作出改變的特定意圖或承諾；例子有渴望、能力、理由和需要。

Q Sorting Q 分類

A technique developed by William Stephenson, a colleague of Carl Rogers, in which a person sorts cards describing attributes into piles ranging from “not like me” to “very much like me.”

由 Carl Rogers 的同事 William Stephenson 建立的一個技巧，當中一個人將形容特質的紙卡分類到由「不像自己」到「非常像自己」的分疊中。

Querying Extremes 查問極端狀況

A strategy for evoking *change talk* by asking clients to imagine best consequences of change or worst consequences of *status quo*.

一種喚出改變語句的策略，要求當事人去想像改變的最好後果或現狀的最壞後果。

Question-Answer Trap 問與答的陷阱

The clinical error of asking too many questions, leaving the client in the passive role of answering them. See also *Assessment Trap*.

一種詢問過多問題、讓當事人進入回答它們的被動角色的臨床誤差。亦可見評估的陷阱。

Reactance 逆反心理

The natural human tendency to reassert one's freedom when it appears to be threatened.
一種自然人類傾向，當一個人在自己的自由看似被威脅時重申它。

Readiness Ruler 準備尺

See *Change Ruler*.
見**改變尺**。

Reason 理由

A form of client *preparatory change talk* that describes a specific if- then motive for change.
一種當事人**預備型改變語句**，形容一個特定「如果—就會」的改變動機。

Recapitulation 概括

A *bouquet* summary offered at the transition from *evoking* to *planning*, drawing together the client's *change talk*.
一種**結集式**的摘要，在**喚出過程**到**計劃過程**的過渡中提出，將當事人的**改變語句**糾集在一起。

Reflective Listening 反映性傾聽

The skill of “active” listening whereby the counselor seeks to understand the client's subjective experience, offering *reflections* as guesses about the person's meaning. See also *Accurate Empathy*.
一種「主動式」聆聽的技巧，諮詢者用來尋求明白當事人的主觀經驗，提出**反映**作為對對方含意的估計。亦可見**準確同感**。

Reflection 反映

An interviewer statement intended to mirror meaning (explicit or implicit) of preceding client speech. See also *Simple Reflection*, *Complex Reflection*.
一種訪談者聲明，意圖反映當事人之前言語的含意（言明或沒有言明的）。亦可見**簡單式反映**和**複雜式反映**。

Reframe 重新釋義

An interviewer statement that invites the client to consider a different interpretation of what has been said.
一種訪談者聲明，邀請當事人去考慮對於說了的東西一個不同的解釋。

Resistance 阻抗

A term previously used in MI, now deconstructed into its components: *sustain talk* and *discord*.
在 MI 中一個曾被採用的術語，現在分拆為它的組成部分：**持續語句**和**不和諧**。

Righting Reflex 翻正反射

The natural desire of helpers to set things right, to prevent harm and promote client welfare.
一個幫助者的自然渴望，想去糾正事情、預防傷害和促進當事人的福祉。

Running Head Start 以退為進

A strategy for eliciting client *change talk* in which the interviewer first explores perceived “good things” about the status quo, in order to then query the “not-so-good things.”
一種喚出當事人**改變語句**的策略，當中訪談者首先探索對現狀認為「好的東西」，為了之後詢問「沒有那麼好的東西」。

Self-Actualization 自我實現

The pursuit and realization of one's core values—becoming what one is meant to be. See also *Telos*.
一個人對自己的核心價值的追求和實現—成為一個人想成為的。亦可見**終極目標**。

Self-Disclosure 自我揭露

Sharing something of oneself that is true when there is good reason to expect that it will be helpful to the client.
當有好的理由去期望對當事人有幫助下，分享一些關於自己的真實東西。

Self-Efficacy 自我效能

A client's perceived ability to successfully achieve a particular goal or perform a particular task; term introduced by Albert Bandura.
當事人認為自己能成功實現一個特定目標或完成一個特定工作的能力；由 Albert Bandura 提出的術語。

Self-Esteem 自尊

A client's general level of perceived worth.
當事人認為自我價值的整體程度。

Self-Motivational Statement 自我動機性聲明

See *Change Talk*.
見改變語句。

Self-Regulation 自我調節

The ability to develop a plan of one's own and to implement behavior in order to carry it out.
建立自己的計劃和實行行為以將計劃執行出來的能力。

Shifting Focus 轉移焦點

A way of responding to *discord* by redirecting attention and discussion to a less contentious topic or perspective.
一種對不和諧的回應，重新帶引著眼點和討論到一個較不引起爭論的題目或觀點。

Simple Reflection 簡單式反映

A *reflection* that contains little or no additional content beyond what the client has said.
一種比當事人所說的包含很少甚至沒有額外內容的反映。

Smoke Alarms 煙霧警號

Interpersonal signals of *discord* in the working alliance.
在工作聯盟中表示不和諧的人際訊號。

Spirit 精神

The underlying set of mind and heart within which MI is practiced, including *partnership, acceptance, compassion, and evocation*.
MI 在當中實踐的一套潛在思想和心態，包括合作、接納、至誠為人和喚出。

Stages of Change 改變之階段

Within the *transtheoretical model* of change, a sequence of steps through which people pass in the change process: precontemplation, contemplation, preparation, action, and maintenance.
在關於改變的誇理論模型中，人們透過一系列的步驟通過改變過程：前意圖期、意圖期、準備期、行動期和維持期。

Status Quo 現狀

The current state of affairs without change.
事情沒有改變的現時狀況。

Summary 摘要

A reflection that draws together content from two or more prior client statements. See also *Collecting Summary, Linking Summary, Transitional Summary*.
一種將當事人之前兩個或以上的聲明內容拉在一起的反映。亦可見彙集式摘要、連結式摘要和過渡式摘要。

Sustain Talk 持續語句

Any client speech that favors *status quo* rather than movement toward a *change goal*.
任何當事人有關傾向維持現狀而非移近一個改變目標的言語。

Taking Steps 採取步驟

A form of client *mobilizing change talk* that describes an action or step already taken toward change.
一種當事人行動型改變語句，形容一個向著改變已經採取了的行動或步驟。

Telos 終極目標

(Greek) The natural, mature end state of an organism toward which it grows, given optimal conditions.
(希臘語) 生物在最理想條件下成長的一個自然結果狀態。

TNT

An acronym for a Training of New Trainers in *motivational interviewing*; begun in 1993.
動機式訪談法中新導師訓練的首字母縮略詞；始於 1993。

Transitional Summary 過渡式摘要

A special form of reflection to wrap up a task or session by pulling together what seems important and signal a shift to something new.

一種反映的特別方式，將看似重要的東西拉在一起以總結一個工作或一節，表示出轉折到新的東西。

Transtheoretical Model 跨理論模型

A complex model of change developed by James Prochaska and Carlo DiClemente, one part of which describes stages of change.

由 James Prochaska 和 Carlo DiClemente 建立關於改變的複雜模型，其中一部分形容改變之階段。

Undershooting 低估

A reflection that diminishes or understates the intensity of the content or emotion expressed by a client.

一種縮小或少說當事人表達的內容或情緒強度的反映。

Values 價值觀

A person's core goals or standards that provide meaning and direction in life.

一個人的核心目標或標準，提供人生的意義和方向。

Values Sorting 價值排序

A technique used by Milton Rokeach and others, in which a person gives priority rankings to various values, for example, by sorting cards into piles ranging from "not at all important" to "most important."

一個由 Milton Rokeach 和其他人採用的技巧，當中一個人將優先次序給予不同的價值，譬如將紙卡分類到由「完全不重要」到「最重要」的不同堆疊上。

Working Alliance 工作聯盟

The quality of the collaborative relationship between client and counselor, which tends to predict client retention and outcome.

當事人和諮詢者之間協作關係的質素，傾向預測當事人留在治療的時間和治療成果。

1 此語詞彙表獲得動機式訪談法創立人 Dr. William Miller 批准翻譯。

2 如對本語詞彙表有任何意見及提議，請聯絡江嘉偉先生 (Mr. Paul Kong ; 電郵: paulkkw@gmail.com)。

3 在此語詞彙表中，「Counseling」、「Counselor」和「Client」數字不時出現。雖然以上字詞可作不同中譯，但為統一起見，「Counseling」、「Counselor」和「Client」分別譯作「諮詢」、「諮詢者」和「當事人」。

4 翻譯「Compassion」這個字時，不少同工曾提議選用「憐憫」、「善意」、「慈愛」、「慈悲」等等，可是這些釋詞與在新一版動機式訪談法加入「Compassion」作為其中一個精神的原意有所不同。新一版動機式訪談法中的「Compassion」意指將當事人的福祉放在任何其他目標和需要之上。雖然最後被採用的「至誠為人」未必是最好，但亦是現時能找到最貼近原意的用詞。

5 對於另一個動機式訪談法精神「Evocation」的翻譯，Dr. Miller 在「喚出」和「喚起」之間選取時給予了以下意見：「『喚出』似乎更切合我們的想法，就像拉丁語中的 ducere，好比在井中將水引出。『喚起』似乎捕捉了過程中的一部分，然而我傾向選擇『喚出』。」

6 在翻譯「Motivational Interviewing」中的「Interviewing」一字時，「面談」、「晤談」、「會談」和「訪談」都曾被考慮。由於「Motivational Interviewing」不一定要發生在面對面的交談中，所以對此意思包含比較重的「面談」和「晤談」就被剔除出來。Dr. Miller 提醒此中文譯字要避免隱含交談雙方有權力不均的意思，「會談」和「訪談」都不會出現以上問題，而「訪談」比較適合，其原因在於「訪談」包含更多「Interviewing」的意味。