**Observer Rating Form – Cultivating CHANGE Talk**

**In your small groups of 3, observe the interactions between the client and clinician while they discuss some difficult decisions they have had to make. Make note of what you observe of the clinicians demonstrating the Spirit of MI, and using the OARS during these interactions.**

|  |  |
| --- | --- |
| **1 2 3 4 5**  **Minimally Moderately Strongly** | |
| **To what extent did the Clinician demonstrate the Spirit of MI?** | **1 2 3 4 5** |
| **The Clinician broadly demonstrated the Spirit of MI by:** |  |
| Expressing Compassion | **1 2 3 4 5** |
| Expressing Acceptance | **1 2 3 4 5** |
| Expressing Partnership | **1 2 3 4 5** |
| Expressing Evocation | **1 2 3 4 5** |
| **The clinician used the following elements of the OARS:** |  |
| Open-Ended Questions | **Yes No** |
| Affirmations | **Yes No** |
| Reflective Listening | **Yes No** |
| Summary Statements | **Yes No** |

**Using the table below, record the number of times that you hear and observe the various tools used by the clinician to cultivate and elicit**

|  |  |  |
| --- | --- | --- |
|  | **Tally** | **Example(s) of questions/prompts from Video Dialogue** |
| **Evocative Questions** |  |  |
| **Ask for Elaboration** |  |  |
| **Ask for Examples** |  |  |
| **Looking Forward/Backward** |  |  |
| **Query Extremes** |  |  |
| **Change Rulers** |  |  |
| **Decision Balance (Pros/Cons)** |  |  |
| **Explore Goals and Values** |  |  |
| **Siding with the Negative** |  |  |

**OBSERVER CHECKLIST: SPIRIT OF MI and OARS**

**Interaction 2**

|  |  |
| --- | --- |
| **1 2 3 4 5**  **Minimally Moderately Strongly** | |
| **To what extent did the Clinician demonstrate the Spirit of MI?** | **1 2 3 4 5** |
| **The Clinician broadly demonstrated the Spirit of MI by:** |  |
| Expressing Compassion | **1 2 3 4 5** |
| Expressing Acceptance | **1 2 3 4 5** |
| Expressing Partnership | **1 2 3 4 5** |
| Expressing Evocation | **1 2 3 4 5** |
| **The clinician used the following elements of the OARS:** |  |
| Open-Ended Questions | **Yes No** |
| Affirmations | **Yes No** |
| Reflective Listening | **Yes No** |
| Summary Statements | **Yes No** |

**NOTES (e.g., Provide examples of skills detected, questions posed, your own suggestions….)**

**OBSERVER CHECKLIST: SPIRIT OF MI and OARS**

**Interaction 3**

|  |  |
| --- | --- |
| **1 2 3 4 5**  **Minimally Moderately Strongly** | |
| **To what extent did the Clinician demonstrate the Spirit of MI?** | **1 2 3 4 5** |
| **The Clinician broadly demonstrated the Spirit of MI by:** |  |
| Expressing Compassion | **1 2 3 4 5** |
| Expressing Acceptance | **1 2 3 4 5** |
| Expressing Partnership | **1 2 3 4 5** |
| Expressing Evocation | **1 2 3 4 5** |
| **The clinician used the following elements of the OARS:** |  |
| Open-Ended Questions | **Yes No** |
| Affirmations | **Yes No** |
| Reflective Listening | **Yes No** |
| Summary Statements | **Yes No** |

**NOTES (e.g., Provide examples of skills detected, questions posed, your own suggestions….)**

**Principles of Motivational Interviewing Rating Form – 4 Principles of MI –**

**Breakout Exercise 7**

**Watch the short videos of Dr. Peter Selby demonstrating the Principles of Motivational Interviewing. Use the following rating form to document what you observed of Dr. Selby demonstrating the Spirit of MI and the use of the OARS**

**OBSERVER CHECKLIST: Expressing Empathy**

|  |  |
| --- | --- |
| **1 2 3 4 5**  **Minimally Moderately Strongly** | |
| **To what extent did the Clinician demonstrate the Spirit of MI?** | **1 2 3 4 5** |
| **The Clinician broadly demonstrated the Spirit of MI by:** |  |
| Expressing Compassion | **1 2 3 4 5** |
| Expressing Acceptance | **1 2 3 4 5** |
| Expressing Partnership | **1 2 3 4 5** |
| Expressing Evocation | **1 2 3 4 5** |
| **The clinician used the following elements of the OARS:** |  |
| Open-Ended Questions | **Yes No** |
| Affirmations | **Yes No** |
| Reflective Listening | **Yes No** |
| Summary Statements | **Yes No** |

**How did Dr. Selby express empathy to his client during this interaction? Provide some examples of both verbal and non-verbal communications.**

**NOTES (e.g., examples of skills detected, questions, your own suggestions….)**

**OBSERVER CHECKLIST: Supporting Self-Efficacy**

|  |  |
| --- | --- |
| **1 2 3 4 5**  **Minimally Moderately Strongly** | |
| **To what extent did the Clinician demonstrate the Spirit of MI?** | **1 2 3 4 5** |
| **The Clinician broadly demonstrated the Spirit of MI by:** |  |
| Expressing Compassion | **1 2 3 4 5** |
| Expressing Acceptance | **1 2 3 4 5** |
| Expressing Partnership | **1 2 3 4 5** |
| Expressing Evocation | **1 2 3 4 5** |
| **The clinician used the following elements of the OARS:** |  |
| Open-Ended Questions | **Yes No** |
| Affirmations | **Yes No** |
| Reflective Listening | **Yes No** |
| Summary Statements | **Yes No** |

**How did Dr. Selby support his client’s self-efficacy during this interaction? Provide some examples of both verbal and non-verbal communications.**

**NOTES (e.g., examples of skills detected, questions, your own suggestions….)**

**OBSERVER CHECKLIST: Developing Discrepancy**

|  |  |
| --- | --- |
| **1 2 3 4 5**  **Minimally Moderately Strongly** | |
| **To what extent did the Clinician demonstrate the Spirit of MI?** | **1 2 3 4 5** |
| **The Clinician broadly demonstrated the Spirit of MI by:** |  |
| Expressing Compassion | **1 2 3 4 5** |
| Expressing Acceptance | **1 2 3 4 5** |
| Expressing Partnership | **1 2 3 4 5** |
| Expressing Evocation | **1 2 3 4 5** |
| **The clinician used the following elements of the OARS:** |  |
| Open-Ended Questions | **Yes No** |
| Affirmations | **Yes No** |
| Reflective Listening | **Yes No** |
| Summary Statements | **Yes No** |

**How did Dr. Selby develop discrepancy during this interaction? Provide some examples of both verbal and non-verbal communications.**

**NOTES (e.g., examples of skills detected, questions, your own suggestions….)**

**OBSERVER CHECKLIST: Rolling with Resistance**

|  |  |
| --- | --- |
| **1 2 3 4 5**  **Minimally Moderately Strongly** | |
| **To what extent did the Clinician demonstrate the Spirit of MI?** | **1 2 3 4 5** |
| **The Clinician broadly demonstrated the Spirit of MI by:** |  |
| Expressing Compassion | **1 2 3 4 5** |
| Expressing Acceptance | **1 2 3 4 5** |
| Expressing Partnership | **1 2 3 4 5** |
| Expressing Evocation | **1 2 3 4 5** |
| **The clinician used the following elements of the OARS:** |  |
| Open-Ended Questions | **Yes No** |
| Affirmations | **Yes No** |
| Reflective Listening | **Yes No** |
| Summary Statements | **Yes No** |

**How did Dr. Selby roll with his client’s resistance during this interaction? Provide some examples of both verbal and non-verbal communications.**

**NOTES (e.g., examples of skills detected, questions, your own suggestions….)**