Motivational Interviewing Practice: Enhancing Our Skills

**Exercise 1 – Think of two common closed ended questions that you use.**

**Then together in your groups think of three open ended questions you could use instead.**

1. Close ended question:

Open ended questions:

a.

b.

c.

2. Close ended question:

Open ended questions:

a.

b.

c.

**Exercise 2**

**In groups of two, discuss one of your own clients. Discuss the following questions and come up with one affirmation statement.**

* What are some of the challenges that your client faces?
* What personal resources do they bring to the table and to your interaction?
* List 2-4 examples of your client’s strengths

Affirmation statement:

**Exercise 3**

**Read the statement and come up with a simple and a complex reflection.**

1. **I find it hard to fit exercise in my day.**

Simple reflection:

Complex reflection:

1. **I want to be healthy for my husband and son but my job is so demanding. I don’t have time to make any real changes in my life.**

Simple reflection:

Complex reflection:

1. **I want to lose weight. I do not need to see anyone because I know what to eat.**

Simple reflection:

Complex reflection:

1. **I try to get eight hours of sleep at night but some nights my mind starts racing at 3 am and I cannot get back to sleep.**

Simple reflection:

Complex reflection: