

THE MI SPIRIT

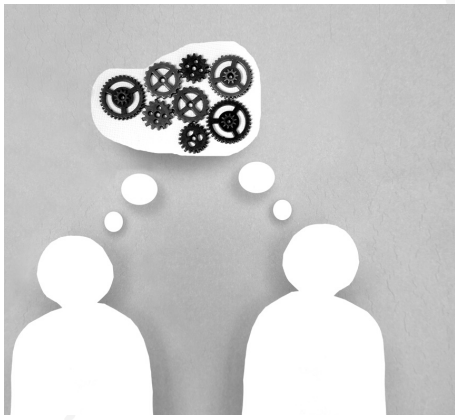


Partnership
Acceptance
Compassion
Empowerment



University at Buffalo

Motivational Interviewing Center



Partnership

Active collaboration between two experts based on mutual respect

Before you put on your "expert" hat...

"I'm a trained professional and I know what you need to do."

"Let me tell you what you should do."

"I have the answers for you."

Acknowledge the other person is also an expert:

"You are the expert on yourself and your life."

"Let's work together to help you reach your goals."

"I have some ideas to offer and I want to hear what you think."

Acceptance



Nonjudgmental respect for & interest in understanding another person as they are

**Characteristics of effective helpers*:
Empathic, Warm, Accepting, Affirming**

The sounds of acceptance:

"I accept and respect this person just as they are."

"I can meet this person where they are AND help them move toward their goals."

"This is a strong person who's determined to have a better life."

Acceptance can also be conveyed by NOT:

- Judging
- Disapproving
- Criticizing
- Shaming



Compassion

Prioritizing the health and well-being of the other person

Recognize when your need to "fix" things might get in the way

"This is frustrating - I know what will help so please just listen to me."

"You need to follow our guidelines."

Remind yourself to keep the other person's needs in the spotlight

"Taking this step isn't easy and I'm here to support you."

"Let's figure out what's best for you."

Empowerment



Helping people realize and draw on their own strengths, abilities, & motivations

Before jumping in with solutions & advice...

"I know what your problem is and I know how to fix it."

"Here's what you need to do and here are the reasons to do it."

Step back and explore what's already there:

"Why is this goal important for you?"

"I'd like to hear some of your ideas on what might be helpful."

"What strengths do you have that will help you meet your goals?"

CONTACT US



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CONTENT ADAPTED FROM:

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