

# The Spirit of Motivational Interviewing: Hope as a Collaborative Interpersonal Process

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# Motivational Interviewing

“A collaborative, person-centered form of guiding to elicit and strengthen motivation for change.”

-William Miller and Stephen Rollnick

# Motivational Interviewing is:

- Evidenced-based
- Client-centered and strength-based
- Uncovers and resolves ambivalence
- Guides toward and supports motivation to change

# MI and RJ

Both approaches are about listening, empowering, and building a trusting, working alliance between client and practitioner.

# Spirit of Motivational Interviewing

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# Spirit of Motivational Interviewing

- Collaboration: We are in partnership with the client. We support rather than persuade or offer solutions
- Compassion: We are in service to the client. We use empathy for what they are experiencing without judgement, shame, or blame.
- Acceptance: We accept the client's autonomy and their decisions. They know what's best for them.
- Evocation: We elicit rather than impose reasons for change through their own ideas, values, and goals.

# Unsolicited Advice and Problem Solving

Resist the fixing reflex!

# Definition of Hope:

To cherish a desire with anticipation; to want something to happen or be true.

To hope without any basis for expecting fulfillment.



Hope as a collaborative  
interpersonal process with  
youth, their families, and  
their communities