

Motivational Interviewing in Pediatric Settings

M. Suarez, Ph.D., ABPP

Adapted with Permission: C. Cole, MINT Bulletin, 13, 2007. www.cathycollection.com

STAGE TWO	STRENGTHENING COMMITMENT TO CHANGE: THE IMPLEMENTATION	SOUNDS LIKE...	BLOCKS
<p>Signs of Readiness: Decreased resistance Less Discussion of Problem Resolve Change Talk</p> <p>Questions about change Envisioning change</p> <p>Experimenting with change</p>	<p>Summary</p> <p>Key Question</p> <p>Giving information and advice</p> <p>Negotiating a change plan</p>	<p>You realize.....and from what we've discussed, it sounds like you want to make some changes in your parenting style.</p> <p>Where do we go from here?</p> <p>I'll be happy to share some ideas, things that have worked with other parents and kids, but first, let's make sure we've talked about all of your ideas.</p> <p>If it's okay, I'd like to share some concerns I have about how you are disciplining Mary...</p> <p>Setting goals: What is your goal for discipline? How would you like your relationship with Mary to be?</p> <p>Change options: What are the ways you will go about changing how you discipline?</p> <p>Plan: What exactly will you do with her? What is the first step for this week?</p> <p>Getting a commitment: How likely are you to use rewards with Mary this week? Is this what you want to start with as a first step?</p>	<p>Ok, so you've figured it out! (overly reassuring)</p> <p>Here's what you need to do with Mary... (taking over)</p> <p>I can tell you exactly what needs to happen... (unsolicited advice)</p> <p>If that's what you want to do, I won't say anything else. (not enough guidance) Now this is what you need to do instead of just taking away everything from her. (taking over)</p> <p>Here's your goal... (taking over)</p> <p>It would be easier and better for you and Mary for you not to use spanking. (taking over)</p> <p>Here's "our" plan for this week... (taking over & directing)</p> <p>Of course you'll use rewards; it's the easiest way to start! (taking over)</p>