

# ARTS

## Motivational Interviewing Competencies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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		No Evidence	Some Evidence	Strong Evidence	
<b>General</b>	Empathy	1	2	3	
	Open Questions	1	2	3	
	Affirm Self-Direction	1	2	3	
	Reflect Ambivalence	1	2	3	
	Highlight Discrepancy	1	2	3	
<b>Phase I</b>	Explain Process	1	2	3	
	Set Agenda	1	2	3	
	Demonstrate OARS				
	Open Questions	1	2	3	
	Affirm	1	2	3	
	Reflect	1	2	3	
	Summarize	1	2	3	
	Elicit Change Talk	1	2	3	
	Ask to Clarify	1	2	3	
	Ask for Examples	1	2	3	

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		No Evidence	Some Evidence	Strong Evidence	
<b>Phase I (cont.)</b>	Explore Values, Hopes, Goals	1	2	3	
	Describe "Best"	1	2	3	
	Describe "Worst"	1	2	3	
<b>Phase II</b>	Assess Readiness	1	2	3	
	Set Goals	1	2	3	
	Consider Change Options	1	2	3	
	Arrive at a Plan	1	2	3	
	Summarize Plan	1	2	3	
	Elicit Commitment	1	2	3	
<b>General Comments</b>					