

**MOTIVATIONAL
INTERVIEWING
MICRO-SKILLS**
**(3) THE END BIT
FOCUS & PLANNING**

**Patient-centred
problem-solving**

Encourage patient to come up with solutions than you

You are GUIDING, not convincing-- The most you should do with change talk is reflected back to them than emphasising imposing

Offer, don't impose suggestions

I have a few suggestions that might help you. Would you like to hear them?

One other patient of mine was in that position, would you like to hear what they did?

Concentrate on the NEXT SMALL step

So, what's the next small little step you can take to help starting to make this exciting journey happen? Let's just focus on one or two things. Let's try and make it easy.

**Promote
SELF-EFFICACY -
Talk possibility & Be
positive**

Focus on the patient

Nurture hope and confidence - e.g. through past successes

Show them YOU believe in THEM

At natural points

Should be genuine, not superficial

I'm impressed with some of your suggestions and I love the way you've been open and trusting with me about things. I have a feeling you can do this and I'm looking forward to our next session