

MOTIVATIONAL INTERVIEWING CLINICIAN SELF-ASSESSMENT REPORT

INSTRUCTIONS: Listed below are a variety of Motivational Interviewing consistent and inconsistent skill areas. Please rate the degree to which you incorporated any of these strategies or techniques into your session with your client. Feel free to write comments below each item about any areas you want to discuss with your supervisor. For each item please rate your best estimate about how frequently you used the strategy using the definitions for each scale point.

1	(NOT AT ALL)	Never used the strategy
2	(A LITTLE)	Used the strategy 1 time briefly
3	(INFREQUENTLY) ..	Used the strategy 2 times briefly
4	(SOMEWHAT)	Used the strategy 3-4 times briefly or once or twice extensively
5	(QUITE A BIT) ...	Used the strategy 5-6 times briefly or thrice extensively
6	(CONSIDERABLY) ..	Used the strategy during more than half of the session
7	(EXTENSIVELY)	Use of the strategy almost the entire session

MOTIVATIONAL INTERVIEWING CONSISTENT ITEMS

1. MOTIVATIONAL INTERVIEWING STYLE OR SPIRIT: To what extent did you provide low-key feedback, roll with resistance (e.g., avoiding arguments, shifting focus), and use a supportive, warm, non-judgmental, collaborative approach? To what extent did you convey empathic sensitivity through words and tone of voice, demonstrate genuine concern and an awareness of the client's experiences? To what extent did you follow the client's lead in discussions instead of structuring the discussion according to your agenda?

... 1	2	3	4	5	6	7
NOT AT ALL	A LITTLE	INFREQUENTLY	SOMEWHAT	QUITE A BIT	CONSIDERABLY	EXTENSIVELY

Comments: _____

2. OPEN-ENDED QUESTIONS: To what extent did you use open-ended questions (i.e., questions or requests that elicit more than yes/no responses) to elicit the client's perception of his/her problems, motivation, change efforts, and plans? These questions often begin with the interrogatives: "What," "How," and "In what" or lead off with the request, "Tell me..." or "Describe..."

... 1	2	3	4	5	6	7
NOT AT ALL	A LITTLE	INFREQUENTLY	SOMEWHAT	QUITE A BIT	CONSIDERABLY	EXTENSIVELY

Comments: _____

3. AFFIRMATION OF STRENGTHS AND CHANGE EFFORTS: To what extent did you verbally reinforce the client’s strengths, abilities, or efforts to change his/her behavior? To what extent did you try to develop the client’s confidence by praising small steps taken by the client in the direction of change or by expressing appreciation for the client’s personal qualities that might facilitate successful change efforts?

... 1	2	3	4	5	6	7
NOT AT ALL	A LITTLE	INFREQUENTLY	SOMEWHAT	QUITE A BIT	CONSIDERABLY	EXTENSIVELY

Comments: _____

4. REFLECTIVE STATEMENTS: To what extent did you use reflective listening skills such as repeating (exact words), rephrasing (slight rewording), paraphrasing (e.g., amplifying the thought or feeling, use of analogy, making inferences) or making reflective summary statements of what the client says?

... 1	2	3	4	5	6	7
NOT AT ALL	A LITTLE	INFREQUENTLY	SOMEWHAT	QUITE A BIT	CONSIDERABLY	EXTENSIVELY

Comments: _____

5. FOSTERING A COLLABORATIVE ATMOSPHERE: To what extent did you convey in words or actions that counseling is a collaborative relationship in contrast to one where you are in charge? How much did you emphasize the (greater) importance of the client’s own decisions, confidence, and perception of the importance of changing? To what extent did you verbalize respect for the client’s autonomy and personal choice?

... 1	2	3	4	5	6	7
NOT AT ALL	A LITTLE	INFREQUENTLY	SOMEWHAT	QUITE A BIT	CONSIDERABLY	EXTENSIVELY

Comments: _____

6. MOTIVATION TO CHANGE: To what extent did you try to elicit client discussion of change (self-motivational statements) through evocative questions or comments designed to promote greater awareness/concern for the problem, recognition of the advantages of change, increased intent/optimism to change, or elaboration on a topic related to change? To what extent did you discuss the stages of change, help the client develop a rating of current importance, confidence, readiness or commitment, or explore how motivation might be strengthened?

... 1 2 3 4 5 6 7
 NOT AT ALL A LITTLE INFREQUENTLY SOMEWHAT QUITE A BIT CONSIDERABLY EXTENSIVELY

Comments: _____

7. DEVELOPING DISCREPANCIES: To what extent did you create or heighten the internal conflicts of the client relative to his/her substance use? To what extent did you try to increase the client's awareness of a discrepancy between where his or her life is currently versus where he or she wants it to be in the future? How much did you explore how substance use may be inconsistent with a client's goals, values, or self-perceptions?

... 1 2 3 4 5 6 7
 NOT AT ALL A LITTLE INFREQUENTLY SOMEWHAT QUITE A BIT CONSIDERABLY EXTENSIVELY

Comments: _____

8. PROS, CONS, AND AMBIVALENCE: To what extent did you address or explore with the client the positive and negative effects or results of his or her substance use and what might be gained and lost by abstinence or reduction in substance use? To what extent did you conduct a decisional balance activity consisting of a cost-benefits analysis or list of pros and cons of substance use? How much did you develop and highlight the client's ambivalence, support it as a normal part of the change process, and reflect back to the client the mixed thoughts and feelings that underpin the client's ambivalence?

... 1 2 3 4 5 6 7
 NOT AT ALL A LITTLE INFREQUENTLY SOMEWHAT QUITE A BIT CONSIDERABLY EXTENSIVELY

Comments: _____

9 CHANGE PLANNING DISCUSSION: To what extent did you develop a change plan with the client in a collaborative fashion. How much did you cover critical aspects of change planning such as facilitating discussion of the client's self-identified goals, steps for achieving those goals, supportive people available to help the client, what obstacles to the change plan might exist, and how to address impediments to change?

... 1 2 3 4 5 6 7
NOT AT ALL A LITTLE INFREQUENTLY SOMEWHAT QUITE A BIT CONSIDERABLY EXTENSIVELY

Comments:

10. CLIENT-CENTERED PROBLEM DISCUSSION AND FEEDBACK: To what extent did you facilitate a discussion of the problems for which the client entered treatment instead of directing the conversation to problems identified by you but not by the client? To what extent did you provide feedback to the client about his or her substance use or problems in other life areas only when solicited by the client or when you explicitly sought the client's permission first?

... 1 2 3 4 5 6 7
NOT AT ALL A LITTLE INFREQUENTLY SOMEWHAT QUITE A BIT CONSIDERABLY EXTENSIVELY

Comments:

MOTIVATIONAL INTERVIEWING INCONSISTENT ITEMS

11. UNSOLICITED ADVICE, DIRECTION-GIVING, OR FEEDBACK: To what degree did you provide unsolicited advice, direction, or feedback (e.g., offering specific, concrete suggestions for what the client should do)? To what extent was your style one of instructing the client how to be successful in his/her recovery?

... 1 2 3 4 5 6 7
NOT AT ALL A LITTLE INFREQUENTLY SOMEWHAT QUITE A BIT CONSIDERABLY EXTENSIVELY

Comments:

12. EMPHASIS ON ABSTINENCE: To what extent did you present the goal of abstinence as the only legitimate goal and indicate that a controlled use goal was not acceptable or realistic? How much did you try to definitively emphasize a goal of abstinence or reinforce abstinence as a necessary standard for judging any improvement during treatment?

... 1 2 3 4 5 6 7

NOT AT ALL A LITTLE INFREQUENTLY SOMEWHAT QUITE A BIT CONSIDERABLY EXTENSIVELY

Comments: _____

13. DIRECT CONFRONTATION OF CLIENT: To what extent did you directly confront the client about his or her failure to acknowledge problems or concerns related to substance use or other behavioral difficulties (e.g., psychiatric symptoms, lying, non-compliance with treatment)? To what extent did you directly confront the client about not taking steps to try to change identified problem areas?

... 1 2 3 4 5 6 7

NOT AT ALL A LITTLE INFREQUENTLY SOMEWHAT QUITE A BIT CONSIDERABLY EXTENSIVELY

Comments: _____

14. POWERLESSNESS AND LOSS OF CONTROL: To what extent did you emphasize the concept of powerlessness over addiction as a disease and the importance of the client's belief in this for successful sobriety? To what extent did you express the view that all substance use represents a loss of control or that the client's life is unmanageable when he or she uses substances?

... 1 2 3 4 5 6 7

NOT AT ALL A LITTLE INFREQUENTLY SOMEWHAT QUITE A BIT CONSIDERABLY EXTENSIVELY

Comments: _____

15. ASSERTING AUTHORITY: To what extent did you verbalize clear conclusions or decisions about what course of counseling would be best for the client? How much did you warn the client that recovery would be impeded unless the client followed certain steps or guidelines in treatment? To what extent did you tell the client about “what works” best in treatment or the likelihood of poor outcome if the client tried to do his/her own treatment? To what extent did you refer to your own experiences, knowledge, and expertise to highlight the points you made to the client?

... 1 2 3 4 5 6 7
NOT AT ALL A LITTLE INFREQUENTLY SOMEWHAT QUITE A BIT CONSIDERABLY EXTENSIVELY

Comments: _____

16. CLOSED-ENDED QUESTIONS: To what extent did you ask questions that could be answered with a ‘yes’ or ‘no’ response or that sought very specific answers, details, or information about the client’s past or current behavior and circumstances? These questions typically begin with the interrogative stems: “Could/can you,” “Do/did you,” “Are you,” or “Have you.”

... 1 2 3 4 5 6 7
NOT AT ALL A LITTLE INFREQUENTLY SOMEWHAT QUITE A BIT CONSIDERABLY EXTENSIVELY

Comments: _____

