

Motivational Interviewing: *"A directive, client-centered counseling style for helping clients explore and resolve ambivalence about behavior change." William R. Miller, 1991*

Five Basic Strategies :

OARS

- ❖ Open-ended questions
- ❖ Affirmations
- ❖ Reflective listening
- ❖ Summarizing

All to:

- ❖ Elicit Self-motivating statements

SEDGWICK COUNTY
Department Of Corrections
Guiding Principles:
"We believe individuals can
change and that we can be
instrumental in guiding that
change."

