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
- Elicit Self-motivating statements

Guiding Principles: “We believe individuals can change and that we can be instrumental in guiding that change.”

SEDGWICK COUNTY Department Of Corrections