



## **Motivational Interviewing – Into Practice Life – Learning Activity Week #8**

1. Remember MI is not a ‘magic’ fix-all
2. MI is a conversation counseling approach that can be used to explore & resolve ambivalence and increase someone’s motivation to move toward behavior change
3. Be intentional – Please, don’t use an ‘axe’ to remove spinach from your teeth
4. Use it or lose it – Practice, Practice, Practice enhances skill & efficacy
5. All the best