



Motivational Interviewing – Into Practice Learning Activity Week #3

Watch two short, entertaining videos on MI and “the Dentist” and think about these questions:

1. Video 1 - What did the “Ineffective Dentist” do to evoke sustain talk? Be specific!

<https://www.youtube.com/watch?v=3xrEaFPbYC8>

2. Video 2 - What did the “Effective Dentist” do to evoke change talk?
What did the “Effective Dentist” do with the change talk?

https://www.youtube.com/watch?v=f8QSA_5PEFM

3. Think about self and others:
Discern the difference between resistance and ambivalence Identify
and be specific about features of both