

Evocation & Planning Elicit, Provide, Elicit

Session 8



***ENHANCED PROFESSIONAL
LEARNING SERIES***



Mountain Plains ATTC (HHS Region 8)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Session 8 Agenda



Review Learning Activity from Session 7



Motivation & Planning



Elicit – Provide – Elicit



Readiness Ruler & Your Plan



Reflecting on our 8-weeks together



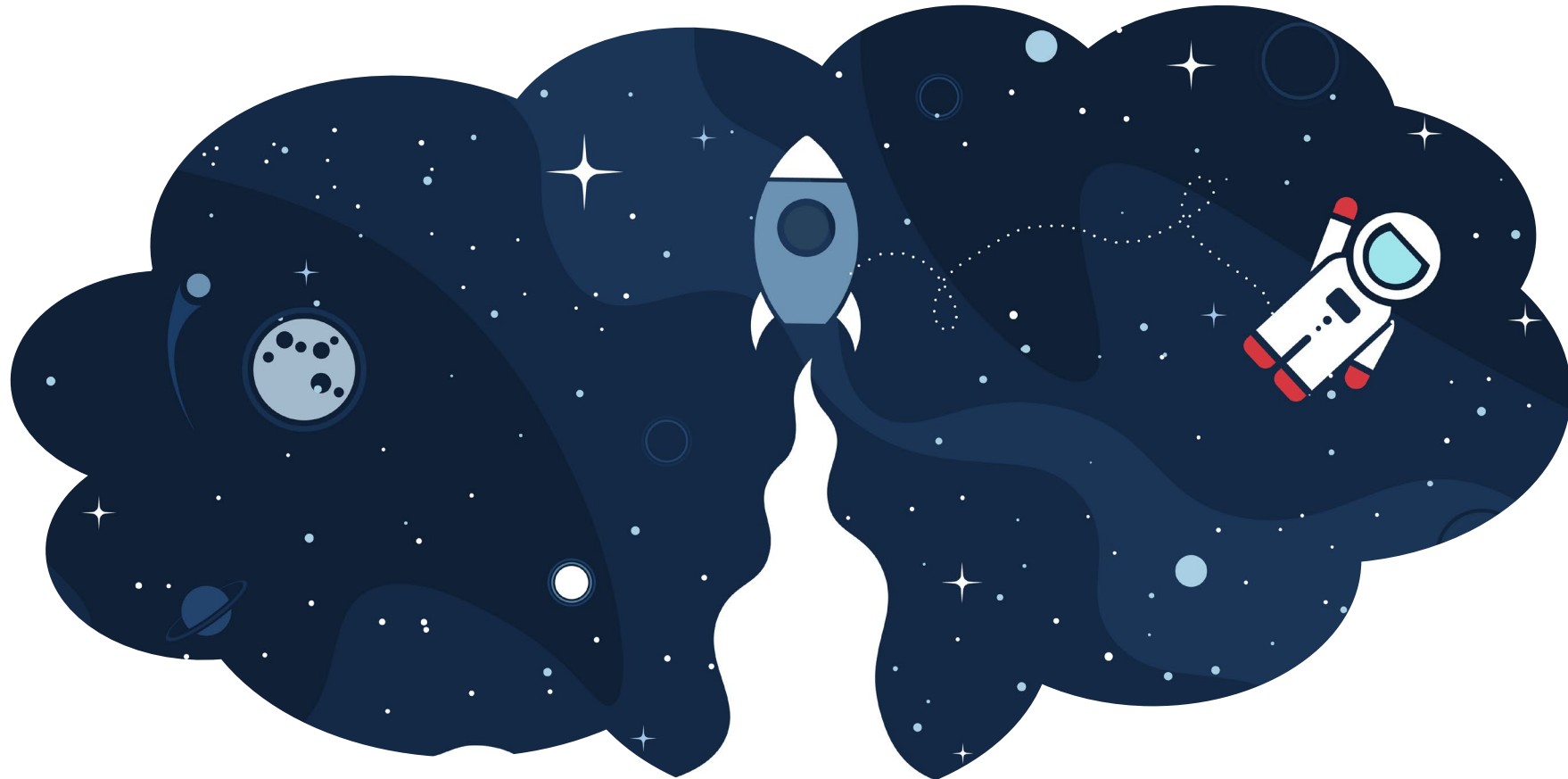
Discuss **Life** Learning Activity

Let's talk about
last week's
Learning Activity!



Motivation & Planning

Moving Towards Change



Elicit – Provide – Elicit

Elicit

- Ask permission
- Evoke ideas, solutions, strategies from the person
- Explore what they already know
- Evoke person's motivation(s)

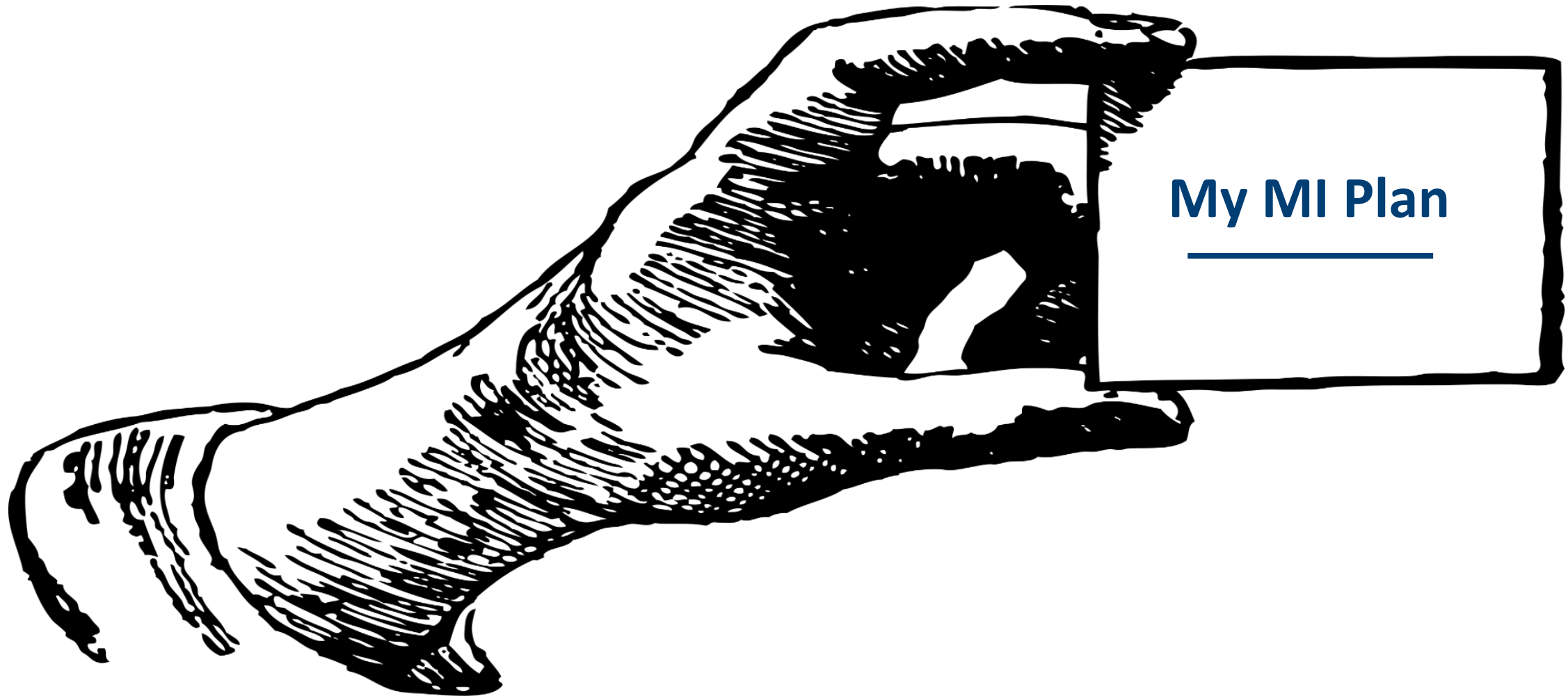
Provide

- When asked
- With permission
- Information, education, what others in their situation found helpful
- In digestible amounts

Elicit

- Evoke their thoughts
- Explore their reactions to this information
- Ask them what they think they might do
- Offer that it is **their choice**

Commitment or Readiness Ruler



Our 8-Weeks Together





Life Learning Activity

Remember MI is not forcing change

MI is a guiding conversation for exploring & resolving ambivalence

Be intentional – consider the processes & tools you use

Practice, Practice, Practice
enhances skill & efficacy



THANK
YOU!

Acknowledgments

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