

Motivational Interviewing

Motivational interviewing is a collaborative, goal-oriented way of communicating with patients that centers around the *language of change*.¹ The goals of motivational interviewing are to strengthen patients’:

- Personal motivation to achieve a specific goal
- Commitment to achieving that goal

Motivational interviewing is inherently collaborative; the clinician uses it to draw out a patient’s own reasons for change and explore those reasons in a compassionate, nonjudgmental way, thereby guiding rather than directing patients through change.

Using motivational interviewing, clinicians can collaboratively explore patients’ motivations for change and formulate a plan of action. The strategy is built around the acronym OARS:

- **O**pen-ended questions
- **A**ffirmative statements
- **R**eflections
- **S**ummary statements

Reference

1. Miller WR, Rollnick S. *Motivational Interviewing: Helping People Change*. New York, NY: Guilford Press; 2012.

