

Learning MI Through Practice

SELF-ASSESSMENT

1. “You are telling me that you feel isolated and worried.” This statement can be best described as:
 - a. Sustain Talk
 - b. Reflective Listening
 - c. Discord
 - d. Rolling with Resistance

2. One of the five principles of Motivational Interviewing is:
 - a. Roll with resistance don’t confront it
 - b. Life essentially involves conflict, so seek to understand it by asking “Why”
 - c. The professional helper takes responsibility for goals of those seeking help
 - d. Avoid talking about the past

3. Those using Motivational Interviewing (MI) believe that patients with a Substance Use Disorder (SUD) diagnosis or related symptoms must accept their problem before they can get help:
 - a. True
 - b. False

4. John is a 30 year old metal worker who has been gambling heavily on scratch-off tickets for the past four years. John is seeking treatment at the request of his father who has loaned him a significant amount of money in order to get him out of debt. Using a Motivational Interviewing (MI) approach, the therapist should...
 - a. Try to learn more about the client’s relationship with his father and other close family members.
 - b. Determine the client’s concerns and try to better understand the client’s perspective.
 - c. Focus on the client’s symptoms and determine how best these symptoms can be managed.
 - d. Develop a treatment plan which focuses on reducing the client’s gambling and ways the client can pay back his father.

5. Professional Helpers using Motivational Interviewing (MI) should emphasize personal choice over the clients’ behaviors, including substance use.
 - a. True
 - b. False

6. When a client has few reasons for change and many reasons against change, which Stage of Change would they most likely be experiencing?
- Precontemplation
 - Contemplation
 - Preparation
 - Action
7. From a MI perspective, “resistance” from the client is the result of which of the following?
- The client not having faced up to their problem of the negative consequences of their behavior (i.e. denial).
 - The therapist and the client having different perspectives about what the client is trying to achieve.
 - The therapist is being too easy on the client.
 - A lack of family or peer involvement in treatment.
8. How should a therapist best express their own concerns about a client’s choices or decisions?
- The therapist should express concerns empathically while conveying respect to the client’s autonomy.
 - The therapist should let the client know immediately if any of their choices or decisions are in conflict with the goals of treatment.
 - The therapist should voice concerns based on their expertise working with a particular treatment approach.
 - The therapist should never express their concerns and should always support the client’s decisions in every way.
- 9/10. Which of the following are principles of a Motivational Interviewing approach to dealing with substance use (select 5):
- | | | |
|---|--|--|
| <input type="checkbox"/> Breakdown denial | <input type="checkbox"/> Develop discrepancies | <input type="checkbox"/> Confront resistance |
| <input type="checkbox"/> Express empathy | <input type="checkbox"/> Give direct advice | <input type="checkbox"/> Support self-efficacy |
| <input type="checkbox"/> Require abstinence as only acceptable goal | <input type="checkbox"/> Encourage submission to disease | <input type="checkbox"/> Give clear consequences |
| <input type="checkbox"/> Roll with resistance | <input type="checkbox"/> Use subtle coercion | <input type="checkbox"/> Avoid argumentation |

Adapted from Motivational Interviewing Knowledge and Attitudes Test (MIKAT)
 Leffingwell, T.R. (2006). Motivational Interviewing Knowledge and Attitudes Test (MIKAT) for evaluation of training outcomes. MINUET, 13, 10-11.