SPIRIT OF MOTIVATIONAL INTERVIEWING VIDEO ACTIVITY

OBJECTIVE: To identify MI skill use during a client interaction.

ACTIVITY DESCRIPTION: A group of about 10 registered dietitians watch a video clip of a counseling session, identifying open-ended questions, reflections, and summaries by clapping, snapping and stomping their feet. The group discusses the experience while watching the video and/or after the video is complete.

MATERIALS

- Internet
- Laptop
- Speakers
- Projector (optional)
- Screen (optional)
- Action Signs
- Writing utensil for each person
- MI Session Summary sheet

QUESTIONS FOR DISCUSSION

- How did I feel watching the video?
- How do you feel the client responded to the counselor?
- What MI techniques do you feel helped the client?

REFLECTION QUESTIONS

- What MI skills were easiest for me to identify?
- What MI skills were most challenging for me to identify?
- What MI skills do I currently use in my job?

STEPS

1. Provide instructions about the activity. (1-2 minutes)
2. Turn on the video. (30 seconds) http://vimeo.com/37220976
3. Watch the video, having group: (15 minutes)
    a. Clap when they hear an open-ended question.
    b. Snap when they hear a reflection.
    c. Stomp their foot when they hear a summary.

    Stop the video as needed to discuss as a group. If you do not make it through the entire video, this is fine.
4. Once the video is complete, discuss the experience using the questions for discussion. (5 minutes)

Total Time: 22 minutes

CHRONOLOGICAL ORDER

Technique Legend: O = open-ended question, R = reflection, S = summary; The following list is a guide. The group may identify other examples of a skill or explore if an example listed could be classified differently.

TIME	STATEMENT	SKILL
:46	What would you like to consider changing?	O
1:05	Tell a bit about your exercise at the moment.	O
1:21	Once a week to Tai Chi	R
1:30	One of things you are saying is that you actually do some activity and Tai Chi is one of the things you enjoy. The difficulty is making it a priority and fitting it in…	S
1:45	Tell me more about the fitting it in side.	O
2:10	So other things take over, things like work are more important to you than exercise.	R
2:28	Duty to work or duty to family too comes before exercise.	R
2:35	What are the reasons for you for why you would like to do more exercise?	O
3:05	You got a chairlift up.	R
3:08	What was that like for you to sort of realize that?	O
3:25	It almost sounds like it really is a bit of a discrepancy for you, that to not be fit, to not be able to walk up and down the mountainside, really doesn't fit with how you would see yourself.	R
3:51	You've made no change, but at a core level it is really important to you.	R
3:59	You've got the desire, you've got some reasons, it is important too because it's got to a point where some of your fitness levels it's not really who you are, you're not quite able to engage with life in the way you normally…	S
4:22	If you were to look into the future, what would it be that you would like to see yourself as or how would you like to be in the future?	O
4:45	It's part of your recreation, its actually is the thing that maybe sustains your work and your energy levels to do the other important things as well. And if you look into the future, that is the kind of person you would like to be is someone who is fit enough to get about, to stay physical, and explore the world.	R
5:06	What is your sense of what could happen if you don't make this change? If you look into the future and keep with the once a week Tai Chi?	O
5:37	It's interesting because you mention family as a really important thing and a thing that almost gets in the way of exercise on the other hand family is almost one of the important reasons for the exercise in terms of grandkids.	S
5:58	So you'd really like to do more exercise. You do do some things which is a real achievement. So it is obviously something you have committed to in that way. You really like to do more exercise. It is important for your health and your fitness and your mobility and just how you can sort of engage with the world and the people around you. That's the two big things. Being fit allows you to engage with world and explore and engage with family and play and enjoy that as well. To not change might have a negative effect on that as time goes on.	S
6:39	If you were to do more, how would you go about it? What is it that you would do that would work for you?	O
7:17	It is almost like when you do this stuff you do enjoy it. You like Tai Chi, you like walking. Their actually would be things you would put on your pleasurable list. And you're just really kind of quizzical about why it disappeared and sort of stayed away.	S
7:38	Walking is something that you could do, you could fit in, you could actually have as part of your day on a more regular basis.	S
7:59	How confident do you feel about walking if you were to sort of think about doing that? How confident are you that you actually could?	O
8:17	There are things that make you feel kind of shaky that that could happen.	R
8:27	On a scale of 0 to 100, how confident would you be? What number would you give yourself on the confidence sort of scale?	O
8:42	What makes you up to fifty, up to halfway and not something lower, not zero?	O
8:57	There is something about it that is not appealing.	R

9:05	If you could just get started, if you could have one go at it, reengage with that feeling, it's almost like that would be the major hurdle.	R
9:30	Something that's sort of achievable.	R
9:54	I definitely feel like this is your choice in this. I don't particularly feel that I need to tell you what to do about it. Obviously this is something that is much more within in you. And you are thinking about it a lot.	S
10:12	What will you do? What would you be willing to sort of commit to even if it is at a lowish, low level, kind of easy, more achievable thing?	O
10:34	So what will you do?	O
10:46	You missed last night so that would be a nice thing to do to do that on Saturday morning. So feel that you will do that.	R
10:55	What about the walk one, what is your feeling about what you will do there?	O
11:04	You could sort of recruit him into that. And then from there maybe just see what it feels like. Decide what to do.	R
11:15	It doesn't lock you into anything, but it's a really nice experiment. See what it feels like. Reengage with what used to be quite a positive experience.	S
11:26	Really good start.	R

BY TECHNIQUE

Open-ended
• :46 What would you like to consider changing? • 1:05 Tell a bit about your exercise at the moment. • 1:45 Tell me more about the fitting it in side. • 2:35 What are the reasons for you for why you would like to do more exercise? • 3:08 What was that like for you to sort of realize that? • 4:22 If you were to look into the future, what would it be that you would like to see yourself as or how would you like to be in the future? • 5:06 What is your sense of what could happen if you don't make this change? If you look into the future and keep with the once a week Tai Chi? • 6:39 If you were to do more, how would you go about it? What is it that you would do that would work for you? • 7:59 How confident do you feel about walking if you were to sort of think about doing that? How confident are you that you actually could? • 8:27 On a scale of 0 to 100, how confident would you be? What number would you give yourself on the confidence sort of scale? • 8:42 What makes you up to fifty, up to halfway and not something lower, not zero? • 10:12 What will you do? What would you be willing to sort of commit to even if it is at a lowish, low level, kind of easy, more achievable thing? • 10:34 So what will you do? • 10:55 What about the walk one, what is your feeling about what you will do there?

Reflection
• 1:21- Once a week to Tai Chi • 2:10 So other things take over, things like work are more important to you than exercise. • 2:28 Duty to work or duty to family too comes before exercise. • 3:05 You got a chairlift up. • 3:25 It almost sounds like it really is a bit of a discrepancy for you, that to not be fit, to not be able to walk up and down the mountainside, really doesn't fit with how you would see yourself. • 3:51 You've made no change, but at a core level it is really important to you. • 4:45 Its part of your recreation, its actually is the thing that maybe sustains your work and your energy levels to do the other important things as well. And if you look into the future, that is the kind of person you would like to be is someone who is fit enough to get about, to stay physical, and explore the world. • 8:17 There are things that make you feel kind of shaky that that could happen. • 8:57 There is something about it that is not appealing. • 9:05 If you could just get started, if you could have one go at it, reengage with that feeling, it's almost like that would be the major hurdle. • 9:30 Something that's sort of achievable. • 10:46 You missed last night so that would be a nice thing to do to do that on Saturday morning. So feel that you will do that. • 11:04 You could sort of recruit him into that. And then from there maybe just see what it feels like. Decide what to do. • 11:26 Really good start.

Summary
• 1:30 One of things you are saying is that you actually do some activity and Tai Chi is one of the things you enjoy. The difficulty is making it a priority and fitting it in… • 3:59 You've got the desire, you've got some reasons, it is important too because it's got to a point where some of your fitness levels it's not really who you are, you're not quite able to engage with life in the way you normally… • 5:37 It's interesting because you mention family as a really important thing and a thing that almost gets in the way of exercise on the other hand family is almost one of the important reasons for the exercise in terms of grandkids. • 5:58 So you'd really like to do more exercise. You do do some things which is a real achievement. So it is obviously something you have committed to in that way. You really like to do more exercise. It is important for your health and your fitness and your mobility and just how you can sort of engage with the world and the people around you. That's the two big things. Being fit allows you to engage with world and explore and engage with family and play and enjoy that as well. To not change might have a negative effect on that as time goes on. • 7:17 It is almost like when you do this stuff you do enjoy it. You like Tai Chi, you like walking. Their actually would be things you would put on your pleasurable list. And you're just really kind of quizzical about why it disappeared and sort of stayed away. • 7:38 Walking is something that you could do, you could fit in, you could actually have as part of your day on a more regular basis. • 9:54 I definitely feel like this is your choice in this. I don't particularly feel that I need to tell you what to do about it. Obviously this is something that is much more within in you. And you are thinking about it a lot. • 11:15 It doesn't lock you into anything, but it's a really nice experiment. See what it feels like. Reengage with what used to be quite a positive experience.