



#### 1. The Four Components of Spirit

The "Spirit of MI" is the foundational mindset required to have effective vaccine conversations. It is often described as "dancing rather than wrestling" with a patient. While the official definition of MI includes four components, Boost Oregon also emphasizes the importance of Context.

##### Partnership

- Definition: Sharing power and control; working together as equals toward common goals.
- In Practice: It involves joint decision-making and avoiding an authoritarian or "expert" stance.
- Vaccine Example: "At this appointment, we recommend four vaccines. Did you want to talk to the doctor about those, or do you feel ready to go ahead with them?"

##### Acceptance

- Definition: Remaining non-judgmental, empathic, and affirming of the person's right to choose.
- In Practice: Acknowledging that the patient has the ultimate autonomy and respecting their role as the decision-maker.
- Vaccine Example: "I respect whatever decision you make for your child".

##### Compassion

- Definition: Actively promoting the patient's welfare and best interests.
- In Practice: Demonstrating that your recommendation comes from a place of genuine care for the patient's health and safety.
- Vaccine Example: "I can see you're thinking about this carefully because you want to make sure your daughter is protected and safe".

##### Empowerment

- Definition: Helping people realize and use their own strengths and abilities.
  - In Practice: Supporting a patient's autonomy and identifying their "change talk" as a source of internal motivation.
  - Vaccine Example: "You have done so much research on this because you want to be a careful protector of your family's health".
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## Study Guide

### Module 2: The Spirit of Motivational Interviewing



#### 2. Spirit vs. Technique

In Motivational Interviewing, spirit matters more than perfect words. While techniques like open-ended questions and reflections are important, they can feel like an interrogation or "junk mail" if the underlying spirit of partnership is missing.

- Connection Over Correction: Vaccine hesitancy is often a challenge of trust, not a lack of information.
  - The Burnout Shield: When you embrace the spirit of MI, you realize you are responsible for the conversation, not the final decision. This mental shift protects health workers from the exhaustion of trying to "force" change on others.
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#### 3. The Paradox of Change

The Paradox of Change is a core principle of MI that explains why acceptance is so powerful.

- The Concept: When a person feels accepted for who they are and what they do, it gives them the freedom to consider change rather than the need to defend their current position.
  - Example: A mother who felt judged by other providers chose to vaccinate after a neonatologist told her, "Whether you vaccinate or not, I respect your decision as someone who wants the best for your kids". That feeling of being respected and understood "worth all the gold in the world" allowed her to stop defending her hesitation and eventually move toward vaccination.
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#### 4. Self-Assessment

Reflect on your current approach to vaccine conversations. Rate yourself on a scale of 1 (Needs Work) to 5 (Mastered).

Component	Rating (1-5)
Partnership: I share power and avoid "wrestling" with patients.	
Acceptance: I am non-judgmental even when patients disagree with me.	
Compassion: My primary focus is the patient's welfare, not just numbers.	
Empowerment: I actively look for and affirm the patient's strengths.	



## Study Guide

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**Reflection:** Which component do you find most difficult to maintain when a patient is highly hesitant?

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#### 5. Practice This Week

Motivational interviewing is like learning a new language; it requires practice to become natural.

Goal: Choose one component of the Spirit (Partnership, Acceptance, Compassion, or Empowerment) to focus on exclusively this week.

- Focus Component: \_\_\_\_\_
- Plan: How will you show this specific component in your next difficult conversation? (e.g., "I will explicitly tell a patient that I respect their decision, even if they say no today.")