



Congratulations on completing the Boost Oregon Motivational Interviewing (MI) course. This guide is designed to help you transition from the classroom to the real world, ensuring these evidence-based skills become a permanent part of your daily conversations.

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## 1. Course Completion Checklist

### What You've Learned

- **The Spirit of MI:** Understanding that effective communication is a "dance, not a wrestle" based on **Partnership, Acceptance, Compassion, and Empowerment**.
- **The Paradox of Change:** Recognizing that when a person feels accepted for who they are, they gain the freedom to consider changing.
- **The Fixing Reflex:** Identifying the natural urge to correct or persuade, and learning how to bypass it to reduce patient resistance.
- **The 4-Step Framework:** A strategic roadmap for addressing hesitancy by **Broaching** the subject, **Understanding** views, **Offering** info, and **Clarifying** the decision.

### Skills You've Gained

- **Active Listening:** Using reflections to show empathy and prove you are hearing the patient's concerns.
  - **Strategic Questioning:** Mastering **open-ended questions** that elicit the patient's internal wisdom rather than interrogating them.
  - **Identifying Speech Types:** Distinguishing between **Change Talk** (favors change), **Sustain Talk** (favors the status quo), and **Discord** (relationship dissonance).
  - **Ask-Offer-Ask:** Sharing medical information through a "permission sandwich" that honors patient autonomy.
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## 2. Your Four MI Tip Sheets

Tip Sheet	How to Use It	When to Reference It
How to Listen	Use reflections to make a "guess" at the patient's meaning and convey empathy.	Reference when a patient seems defensive, upset, or expresses a specific doubt.



<b>Six Open-Ended Questions</b>	Replace closed "yes/no" data collection with questions that address the "whole person."	Reference during the Engage & Understand phase to uncover relevant motivations.
<b>Offering Advice &amp; Information</b>	Use the Ask-Offer-Ask cycle to provide corrective information in a brief, neutral tone.	Reference when you need to address concerns like "spacing out" vaccines or specific side effects.
<b>Responding to Misinformation</b>	Pivot from correction to exploration by asking, "What stuck with you most from what you read?"	Reference when a patient brings up claims regarding autism, tracking devices, or faith-based natural immunity.

### 3. Recommended Books

- **Miller & Rollnick: *Motivational Interviewing (4th ed.)*** – The core foundational text for the entire MI field, focusing on helping people change and grow.
- **Rollnick et al: *MI in Health Care (2nd ed.)*** – A specialized guide for practitioners, offering practical ways to apply MI skills to improve patient behavior and health outcomes.
- **Rosengren: *Building MI Skills Workbook*** – A practitioner-focused workbook with exercises designed to help you move from understanding theory to technical proficiency.

### 4. Online Resources

- **Boost Oregon Website:** [www.boostoregon.org](http://www.boostoregon.org) – Access multilingual animated videos and immunization booklets for your patients.
- **Professional Organizations:** The **Motivational Interviewing Network of Trainers (MINT)** at [www.motivationalinterviewing.org](http://www.motivationalinterviewing.org).
- **Additional Coaching and Training:** Boost Oregon offers **monthly virtual learning groups** for peer practice and many training options for your team and organization.

### 5. Your 30-Day Practice Plan

Motivational Interviewing is like a language; you must use it to stay fluent.



- **Week 1: The Broach.** Focus only on Step 1. State your recommendation neutrally and follow immediately with an open question: "Do you have any questions about those?".
  - **Week 2: Open Questions.** Eliminate "Why" questions (e.g., "Why haven't you...?"). Replace them with "Help me understand what you've learned about this".
  - **Week 3: The Reflection.** Practice at least two reflections in every encounter. Ensure your voice inflection goes **down** at the end so it sounds like a statement of understanding, not a question.
  - **Week 4: The Sandwich.** Use **Ask-Offer-Ask** for every information share. Keep your "Offer" to a maximum of 2-3 sentences.
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### 6. Conversation Tracker

Use this log to "learn MI from your clients" by analyzing both your successes and your clumsy moments.

Date/Interaction	The Patient's Block/Fear	Skill I Tried	What Worked / What They Taught Me

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### 7. Contact Information

Reach out for ongoing support, one-on-one coaching, or to schedule workshops for your whole team.

- **General Inquiry:** [info@boostoregon.org](mailto:info@boostoregon.org)
- **Social Media:** [@boostoregon](https://www.instagram.com/boostoregon)
- **Support the Mission:** [bit.ly/DonateTodayBoostOregon](https://bit.ly/DonateTodayBoostOregon)

*"The end of an MI workshop is the beginning of learning it." — Bill Miller*