



1. Key Definitions

- **Motivational Interviewing (MI):** A particular way of talking with people about change and growth to strengthen their own motivation and commitment.
 - **The "Righting Reflex" (Fixing Reflex):** The natural, though often unhelpful, tendency of helpers to try to prevent harm and promote welfare by attempting to correct, confront, or persuade a person to change.
 - **The 4-Step Framework:** A specific conversational roadmap designed for addressing vaccine hesitancy by moving from the initial recommendation to a collaborative decision.
-

2. About Boost Oregon

Mission Statement: Boost Oregon is an independent non-profit dedicated to rebuilding trust one conversation at a time. Their mission is to:

- Train trusted advocates in Motivational Interviewing grounded in **autonomy and respect**.
- Equip health teams with **evidence-based** MI skills.
- Provide **science-based** immunization resources to support professionals and community organizations.

Credibility:

- **Evidence-Based:** MI is proven to increase vaccine acceptance when delivered by trusted health professionals.
 - **Expert Instruction:** Training is developed by members of the Motivational Interviewing Network of Trainers (MINT).
 - **Independent Status:** As an independent non-profit, Boost Oregon focuses on trust and connection rather than just data delivery.
-

3. The 4-Step Framework Overview

This framework is a "dance" rather than a "wrestle," focusing on partnership and joint decision-making.

Study Guide

Module 1: Introduction to Motivational Interviewing



1. **Step 1: Broach the Subject** – Provide a neutral recommendation and ask if the person has any questions.
 2. **Step 2: Engage & Understand Their Views** – Use core skills like open questions and reflections to explore the person's thoughts and doubts without jumping to "fix" them.
 3. **Step 3: Offer Information (Ask-Offer-Ask)** – Share information only after asking permission, keeping it brief and neutral, and then checking in on how the person received it.
 4. **Step 4: Clarify & Accept Their Decision** – Summarize their thoughts, ask what they would like to do next, and respect their autonomy even if they choose not to vaccinate today.
-

4. Reflection & Note-Taking

Reflection Question 1: Think of a recent vaccine conversation you had. What was your approach? Did you find yourself arguing for change or "wrestling" with the person?

Reflection Question 2: In what specific situations do you feel the "righting reflex" (the urge to correct or persuade) most strongly?