

Outline of MI Sessions: 2-24

- Set Agenda
 - “Before we go any further, let’s discuss what you can expect.”
- Assess
 - Adverse events
 - “Have there been any changes in your child’s health since the last time we talked?”
 - Thoughts RE last session
 - “Tell me how you think the conversation went last time.”
 - “What concerns, if any, around from that conversation?”
- Reassess
 - Target behavior
 - “We spoke last week about X, which if any of these things would you like to keep reviewing?”
 - Importance (1-10)
 - “Last time you said this was a X on the importance scale for you.”
 - “How consistent is this with how you currently feel?”
 - Confidence (1-10)
 - “Last time you said this was a X on the importance scale for you.”
 - “How consistent is this with how you currently feel?”
 - Prior plan
 - “What has changed since last session?”
 - “Tell me some of the strategies you came up with in your last session?”
 - “Let’s review some of the strategies you came up with last time.”
 - Implementation
 - “How did those strategies work for you?”
 - “How were you able to do it?” (Focus on success/strength 1st)
 - “How satisfied are you with those changes?”
- Summarize and probe for possible changes
 - Ask for permission first – “If you’d like, we can review some more resources and strategies together. Would it be okay if I review the packet with you?”
 - *Resources in binder*
 - “What resources, if any, do you need?”
 - Problem solve barriers
 - “What can you do?”
 - “What do you see getting in the way?”
 - *Relate to values*

- *“Last time, you mentioned that one of the things that you value is X. From what you said today, the things you are doing sound like they will fit right in with making that happen!”*
 - *“I’m wondering how these values relate to X goal for you.”*
- Identify next behavior for intervention
 - *“What, if any, other target behaviors or topics would you like to cover?”*
 - Importance (1-10)
 - Confidence (1-10)
 - *“Why not higher/lower?”*
 - Set plan
 - *“What have you thought about?”*
 - *“What challenges would get in the way?”*
 - *“What would it take to make this happen?”*
 - *“How would you define success in meeting this goal?”*
 - Summarize
 - Get permission first – *“Would it be okay if I summarized what we talked about today?”*
 - *“On the one hand..., but on the other hand...”*
 - Review Plan
 - *“Let’s make sure your goals are well defined and we have a plan in place. What would X look like to you?”*
 - SMART Goals: Specific, Measurable, Attainable, Realistic, Timely
- Schedule next visit

MI Statements

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| <ul style="list-style-type: none"> - How would you define success in meeting this goal? - What will it take to make this happen? - What, if any, resources do you need? | <ul style="list-style-type: none"> - What, if any, challenges do you see? - How were you able to do it (success)? - How satisfied are you with changes? |
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Target behaviors

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| <ul style="list-style-type: none"> - 5 F&V servings - 0 sweet beverage - Healthy snacks | <ul style="list-style-type: none"> - < 2 hours screen time - Portions - Breakfast | <ul style="list-style-type: none"> - 1 hour physical activity - Eating out |
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