

Conversations for Change: MI Demonstration Worksheet

This worksheet is designed to accompany the video, *Conversations for Change: A Demonstration of a Motivational Intervention for Tobacco Cessation*. This video is for educational use to facilitate discussion and exploration about how to engage in brief tobacco cessation interventions.

Video Segment 1

Pause the video at the end of the first segment and use the following questions to facilitate your individual learning or a group discussion.

1. How do you think this conversation is going so far?
2. How effective is the assessment? Are there other questions you want to ask?
3. What have we learned so far about Ken's smoking pattern and history?
4. What are your initial thoughts about potential tobacco cessation medications and counseling strategies?

Video Segment 2

Pause the video at the end of the second segment and use the following questions to facilitate your individual learning or a group discussion.

1. What Motivational Interviewing skills and strategies do you see being demonstrated?
2. What techniques did the counselor use to evoke motivation for change?
3. What Stage of Change do you think he is in? How did his Stage of Change shift throughout the course of the video? What did the provider do to support this shift?
4. Do you think Ken will follow-up with the TTS?
5. What thoughts do you have about how to work with him in future appointments?

How will you integrate the MI skills demonstrated in this video into your daily interactions with patients/clients?
