

Table 10. 2 Motivational Interviewing Techniques (Miller and Rollnick, 1991)

Task	Description
Expression of Empathy	Expression of empathy involves a conversation with the client that attempts to both understand their perspective (empathy) and communicate an understanding of that perspective (expression of empathy). This expression of empathy respects the client's point of view, freedom of choice and ability to determine their own self-direction. Suggestions from the therapist for change are subtle and the ultimate change is left in the hands of the client.
Avoiding Argumentation	This is probably the easiest technique to understand, but the most difficult to put into practice. When you argue back to the client who is arguing with you, neither of you are listening to each other.
Roll with Resistance	Clinicians are encouraged to avoid meeting a client's resistance to change head-on. Instead, they should try to engage the client in new ways of thinking about the situation, perhaps trying to evoke from the client new solutions to the conflict. Lack of motivation or an unwillingness to change and be positive are understood as normal developmental responses, and interventions are designed to avoid becoming mired down in the client's lack of developmental growth and personal responsibility to change.
Developmental of Discrepancy	Developmental of discrepancy is the process by which the therapist helps clients understand that the current behavior won't help them achieve the desired goal. The therapist explores the consequences of the client's actions in a neutral manner, avoiding sarcasm or a condescending tone. The client then becomes aware of their choices and starts to explore the advantages to choosing a different way to behave.
Supporting Self-efficacy	Supporting self-efficacy involves helping the client understand that change is possible and there is the possibility of a better outcome in their future. This is done by the therapist encouraging and nurturing growth in his or her client, finding times and opportunities to "catch them doing well" and praising this behavior with hopes of shaping future positive behavior.