

THE MI SPIRIT

*You felt powerless, when I said your approval or disapproval is irrelevant,
Only to realize I will give you a tool box of strategies, to rhythmically dance with your
client,
Loh!, you realized that it was not a one shot event to learn me,
That I am a process of reflecting, connecting, deciding and doing.*

*I am a person centered counselling style, for addressing the common problem of
ambivalence about change,
You call them resistant, I call them ambivalent,
I advocate for the right PACE, partnership, acceptance, compassion and evocation
REDS is my slogan, I believe in rolling with resistance, expressing empathy,
developing discrepancy and supporting self-efficacy.*

*In my spirit, the client is the expert, with wisdom to make changes,
Just give them the right conditions, and they will flourish,
You RULE, by resisting the righting reflex, and understanding client's motivations,
In your RULING, please make sure you listen and empower the client, that is my spirit,
Because I am MI.*

*Being SAD and SCARED can be wonderful, once you board the boat with your
resistant client,
Engage, and away you sail, you row your boat together client using OARS,
While at it, avoid being trapped in non- mutuality traps of blaming, labelling,
charting, expert and premature focus,
To focus, I practice on finding the horizon, handling situations when goals differ and
exchanging information.*

*While focusing, my style is to direct, follow and guide, structuring,
Considering options, zooming in and using visual aids are elements that I give you, to
map your agenda,
Once I have focused, I start evoking change talk, my EARS wide open to listen to your
DARN,
Rulers I use, to check my clients readiness, importance and confidence about change,*

*When I am DARN, CAT helps me mobilize the change talk, here, EPE helps me confront
client from within,
Just in case you forgot, my four processes are engaging, focusing evoking and
planning,*

*It is not resistance that you experience, its discord and sustain talk
I see my clients as hopeful and confident, the aim is to identify, strengthen and affirm
their strengths.*

*I am done evoking when the client talks about when and how to change,
A change plan we create, we set goals, and plan how and when to get it done,
Together with the client, we summarize the plan and mobilize the change talk,
Since the future is uncertain, we troubleshoot, confirm the goal and brainstorm and
itemize options.*

*How can I forget to elicit client's hunches and preferences, to me the client is an expert,
With wisdom to make the changes needed, founded on a good therapeutic relationship,
Never leave your OARS across the four processes of engaging, focusing, evoking and
planning,
Remember, mastering me is a process, of reflecting, connecting, deciding and doing,
Because I am MI.*

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