

## Breakout Room Notes

How can we as Peer Support Volunteers ask questions to help Mentees *see a path forward*?

Take turns asking each other motivational interviewing questions.

### Motivational Interviewing:

- Counseling Technique
- Positive Behavioral Change
- Client-Centered Approach

### Spirit of Motivational Interviewing:

- Collaboration instead of Confrontation
- Evocation Rather than Education
- Autonomy over Authority

### Main Principles of Motivational Interviewing:

- Express Empathy
- Develop Discrepancy
- Roll with Resistance
- Support Self-Efficacy

### Techniques of Motivational Interviewing:

- Open Ended Questions
- Affirmation
- Reflective Listening
- Summaries (Collecting, Linking, Transitioning)

### Benefits of Motivational Interviewing:

- Building Self-Confidence
- Taking Responsibility
- Preparing to be more receptive
- Power to change own life