

MOTIVATIONAL COMMUNICATION SKILLS PRACTICE

Name:	Date:
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Between now and the next training, talk with a client about a behavior that they are thinking about changing or a behavior that you would like them to change. Some examples of behaviors include: smoking, drinking, safe sleep, safe sex, discipline practices, feeding practices and seeing a therapist for mental health issues.

In your discussion with the client, please practice motivational communication skills (OARS) including but not limited to, **open-ended questions, affirmations, reflections** (emotion-focused, double sided, etc.), and **summaries**. You may also try to use elicit-provide-elicite to give information or any other skills that we have reviewed. Use this sheet to record details about your discussion. After the discussion, please bring it up with your supervisor and get some feedback.

BEHAVIOR IDENTIFIED AND INDIVIDUAL (S) STAGE OF CHANGE

SKILLS USED AND EXAMPLES

IDENTIFY SOME CHANGE AND SUSTAIN TALK STATED BY THE CLIENT

REFLECTION ABOUT THE INTERACTION

WHAT WENT WELL

WHAT DID NOT GO AS WELL AS PLANNED

SUPERVISOR'S FEEDBACK
