

# Directions for Using Motivational Interviewing Self-Assessment Report Form

*(From Motivational Interviewing Assessment: Supervisory Tools for Enhancing Proficiency)*

The Motivational Interviewing (MI) Self-Assessment Report form is designed to provide supervisors and staff with with a framework to support effective implementation of Motivational Interviewing skills. It includes a list of both Motivational Interviewing consistent and inconsistent skill areas with a description of critical activities for each. The form supports effective supervision of MI by providing a framework for discussing skill performance and improving competency. The following are steps for using this self-assessment.

1. This self-assessment should be used only for sessions in which the staff person used Motivational Interviewing as part of the Wraparound Process.
2. Staff should use Motivational Interviewing whenever the child/youth and/or family express ambivalence regarding planning for or taking steps for action.
  - a. This may include overt objections, difficulties with arriving at a decision, expressions of uncertainty or mixed feelings, and expressions of a lack of confidence or resources.
  - b. In addition, staff should use MI whenever they are experiencing frustration with the level of engagement with the child/youth and/or family, and feel the temptation to direct the interaction for them.
3. The staff person should complete the self-assessment form as soon as possible after the interaction to ensure that recollections and impressions are fresh.
  - a. Remember that a high frequency for each item is not needed for every interaction.
  - b. After you determine the frequency for the item, it is important to consider and record why you used it, how did the child/youth/family respond, and whether it was effective?

4. Use the completed form to guide discussion in the supervisory session about how MI skills were used and how MI supported the objectives of the Wraparound process in the session.
5. The form should not be used to grade performance but rather to support continued improvement. In fact, it is often most productive to discuss cases/interactions that present the most difficulties.
6. Staff may use the form as often as they wish to support continued skill development. Staff should bring to supervision the case/form for which they need the most feedback.
7. Discussion of MI implementation in Wraparound meetings should be a routine part of supervisory sessions and completion of self-assessment forms should be an expectation.