

IPSMI Intervention Framework

Stage of Change	Intervention	Outcome
Pre-contemplation	Motivational Int.	Move to contemplation
Contemplation	Motivational Int.	Move to determination
Determination	IPS	Set job goals
Action	IPS	Locate job
Maintenance	IPS	Maintain job
Relapse	Motivational Int. Problem-solve	Move to earlier stage

Motivational Interviewing

Enhancement technique for behavioral change through identifying and resolving ambivalence and discrepancies between verbal and behavioral actions.

- costs/benefits analysis
- discuss the readiness ruler
- engage with active listening
- promote change talk
- avoid arguments
- ask for permission
- support self-efficacy

Motivational Interviewing

Five Early Strategies

- Ask open-ended questions
- Listen reflectively
- Affirm
- Summarize
- Elicit self-motivational statements
- *What are these?: problem recognition, expression of concern, intention to change, optimism about change*

Five Basic Principles of Motivational Interviewing

- Express empathy
- Develop discrepancy
- Avoid argumentation
- Roll with resistance
- Support self-efficacy