1. What does Effective mean in the context of Motivational Interviewing? Circle one.

A. It is quick

B. It works in all situations

C. It is science based

2. Change is hard because of: Circle one.

A. Denial

B. Ambivalence

3. The Spirit of Motivational Interviewing can be summed up by the acronym PACE. Please fill in the words.

P \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. The core skills in Motivational Interviewing are summed up by the acronym OARS. Please fill in the words.

O \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

R\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. There are 4 processes of Motivational Interviewing. Please match the activities with the correct part of the process. Draw lines between.

1. Engaging a. Develop specific SMART\* plan

2. Focusing b. Having mutual goals

3. Evoking c. Setting goals and priorities

4. Planning d. Elicit Change talk

\*SMART stands for Specific

Measurable

Achievable

Relevant

Timely

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**