

SOAP – Motivational Interviewing

Motivational Interviewing is a collaborative, goal-oriented method of communication with particular attention to the **language of change**. It is designed to strengthen an individual's motivation for and movement toward a specific goal by eliciting and exploring the person's own argument for change.



Subjective – discussion of HPI / Chief Complaint

MI approach includes engagement, active reflective listening, open questioning, and the Engaging and Focusing Phases

Objective – examination of the patient

MI approach includes Elicit Provide Elicit to ask permission to conduct the examination, performing it, asking permission to offer the assessment, continuing Engaging and Focusing

Assessment – professional judgment of the provider, diagnosing, and sometimes may include a brief intervention or education

MI approach includes Elicit Provide Elicit to ask permission to share expertise and unpack existing knowledge, evoking change language to test for readiness, and Focusing and Evocation phases

Plan – formal goal-setting for the provider and patient to work on collaboratively

MI approach includes reflective summaries, testing the waters for planning, scaling questions, and the Evoking (hopefully mobilizing change talk) and the Planning phase

*Throughout the entire interaction, focus on **engaging**, seeking **collaboration**, emphasis of **autonomy**, using **reflective** summaries coupled with **scaling questions** to transition between S, O, A, & P (especially considering the Importance, Confidence, Willingness, and then Readiness to change scaling questions).*