

Answer the following questions to determine whether you should take (or retake) the Beginning MI class before taking the Intermediate MI class. To feel confident in enrolling in the intermediate class without first taking the beginning class, you should be able to answer all 10 questions with little difficulty.

1. What is the primary goal of Motivational Interviewing?

- a) To persuade clients to change their behavior
- b) To explore and resolve ambivalence
- c) To provide direct advice and solutions
- d) To diagnose mental health disorders

2. Which of the following is a core principle of Motivational Interviewing?

- a) Understanding
- b) Autonomy
- c) Authority
- d) Reasoning

3. What does the acronym OARS stand for in Motivational Interviewing?

- a) Open-ended questions, Affirmations, Reflections, Summaries
- b) Observations, Advice, Recommendations, Solutions
- c) Objectives, Actions, Results, Success
- d) Options, Answers, Responses, Support

4. In Motivational Interviewing, what is "change talk"?

- a) Statements that indicate a desire to maintain the status quo
- b) Statements that indicate a desire, ability, reason, or need for change
- c) Statements that express resistance to change
- d) Statements that provide factual information

5. Which of the following is an example of a reflective listening statement?

- a) "You should try to exercise more often."
- b) "Why don't you want to quit smoking?"
- c) "It sounds like you're feeling frustrated about your progress."
- d) "Have you considered joining a support group?"

6. What is the "righting reflex" in Motivational Interviewing?

- a) The tendency to listen without judgment
- b) The tendency to correct or fix the client's behavior
- c) The tendency to explore the client's ambivalence
- d) The tendency to support the client's autonomy

7. Which of the following is NOT a technique used in Motivational Interviewing?

- a) Open-ended questions
- b) Affirmations
- c) Direct confrontation
- d) Summarizing

8. What is the purpose of using affirmations in Motivational Interviewing?

- a) To challenge the client's beliefs
- b) To reinforce the client's strengths and efforts
- c) To provide solutions to the client's problems
- d) To diagnose the client's issues

9. In Motivational Interviewing, what is the importance of exploring ambivalence?

- a) To identify the client's weaknesses
- b) To persuade the client to change
- c) To understand the client's mixed feelings about change
- d) To provide direct advice and solutions

10. Which of the following best describes the "spirit" of Motivational Interviewing?

- a) Directive and authoritative
- b) Collaborative and empathetic
- c) Persuasive and convincing
- d) Passive and indifferent

Below are the correct answers, along with an explanation.**1. What is the primary goal of Motivational Interviewing?**

*Correct Answer: b) To explore and resolve ambivalence

**Explanation: The primary goal of Motivational Interviewing (MI) is to help clients explore and resolve their ambivalence about change. MI is a client-centered approach that aims to elicit and strengthen the client's own motivation for change.

2. Which of the following is a core principle of Motivational Interviewing?

*Correct Answer: b) Autonomy

**Explanation: Autonomy is a core principle of MI. It emphasizes the client's right to make their own choices and decisions. MI respects and supports the client's autonomy, rather than imposing the clinician's agenda.

3. What does the acronym OARS stand for in Motivational Interviewing?

*Correct Answer: a) Open-ended questions, Affirmations, Reflections, Summaries

**Explanation: OARS is a set of core communication skills used in MI. It stands for Open-ended questions, Affirmations, Reflections, and Summaries. These skills help facilitate a collaborative and empathetic conversation with the client.

4. In Motivational Interviewing, what is "change talk"?

*Correct Answer: b) Statements that indicate a desire, ability, reason, or need for change

**Explanation: "Change talk" refers to the client's statements that indicate a desire, ability, reason, or need for change. These statements are important because they reflect the client's own motivation and commitment to change.

5. Which of the following is an example of a reflective listening statement?

*Correct Answer: c) "It sounds like you're feeling frustrated about your progress."

**Explanation: Reflective listening involves making statements that reflect the client's feelings or thoughts. The statement "It sounds like you're feeling frustrated about your progress" is an example of reflective listening because it mirrors the client's emotions.

6. What is the "righting reflex" in Motivational Interviewing?

*Correct Answer: b) The tendency to correct or fix the client's behavior

**Explanation: The "righting reflex" is the clinician's natural tendency to correct or fix the client's behavior. In MI, clinicians are encouraged to resist this reflex and instead focus on eliciting the client's own motivation for change.

7. Which of the following is NOT a technique used in Motivational Interviewing?

*Correct Answer: c) Direct confrontation

Explanation*: Direct confrontation is not a technique used in MI. MI emphasizes a collaborative and empathetic approach, avoiding confrontational or authoritative tactics.

8. What is the purpose of using affirmations in Motivational Interviewing?

*Correct Answer: b) To reinforce the client's strengths and efforts

**Explanation: Affirmations are used in MI to reinforce the client's strengths and efforts. They help build the client's confidence and self-efficacy, which are important for facilitating change.

9. In Motivational Interviewing, what is the importance of exploring ambivalence?

*Correct Answer: c) To understand the client's mixed feelings about change

**Explanation: Exploring ambivalence is important in MI because it helps the clinician understand the client's mixed feelings about change. By addressing ambivalence, the clinician can help the client resolve their internal conflicts and move towards change.

10. Which of the following best describes the "spirit" of Motivational Interviewing?

*Correct Answer: b) Collaborative and empathetic

**Explanation: The "spirit" of MI is characterized by a collaborative and empathetic approach. MI involves working together with the client in a non-judgmental and supportive manner to facilitate change.