

# Learning Circle Discussion Guide: Motivational Interviewing

**Directions:** In your local Learning Circles, a Peer Facilitator leads a discussion leveraging the questions below to process the training content from the most recent learning event. Please reflect on all learning topics to date as you discuss today's content including personal life experiences and how these topics might be woven into your day to day work with UHG and ultimately impact our members.

1. How is motivational interviewing different from traditional conversation? How is it different from transactional interactions?
2. What do you think some of the challenges are related to the use of motivational interviewing? How could they be addressed?
3. How could the techniques of motivational interviewing be incorporated with your everyday interactions with colleagues and teams?
4. Practice. It can sometimes be hard to maintain the spirit of motivational interviewing. Thinking about the techniques you've just learned, how you could use motivational interviewing to respond to the following: "What do you think?" or "Things just aren't getting better" or "My drinking is not a problem".
5. Role Play / Practice OARS. Pick one person to talk to about something they did last weekend. Take turns engaging that person using each of the OARS techniques: Open-ended questions; Affirming; Reflective Listening; Summarizing? What was it like to use each technique? For the person telling their story, what was it like to be engaged by someone using these techniques.
6. Based on your role play, discuss how utilizing motivational interviewing techniques could improve engagement with others.