**Pre-workshop survey**

1. Demographics:
   1. Gender
   2. Race/ethnicity
   3. Graduate school
   4. Current year in graduate school
   5. Future specialty (if in the medical school)
2. Create a unique ID that you will remember at the end of the session. Please avoid any identifying information, such as your name or date of birth. We recommend you use the name of your favorite pet and your mother's birthday (e.g., Spot112264)
3. A statement that illustrates rolling with resistance is which ONE of the following?
4. “I disagree with your belief that losing weight is difficult. It’s a matter of making the right food choices.”
5. **“You are scared that making diet or exercise changes might be too hard for you.”**
6. “You need to find another way to lose weight besides purging.”
7. “Which do you prefer, losing weight, or having a heart attack?”
8. “Given what you said, getting a health coach might be a good idea”
9. When comparing motivational interviewing (MI) to other more directive methods of counseling…
10. MI utilizes more questions than reflections.
11. MI evokes controlled motivation more than autonomous motivation.
12. **M**I **utilizes more reflections than questions.**
13. MI relies more on advice and less on empathy
14. MI relies more on self-monitoring and goal setting
15. Eliciting change talk should take place primarily in which phase of motivational interviewing?
16. Explore
17. **Guide**
18. Choose
19. Agenda Setting
20. Rapport Phase
21. Among the following, the most effective and appropriate way to inquire about a patient’s usual exercise habits?
22. Do you exercise or not?
23. When was the last time you exercised?
24. Do you get enough exercise?
25. Why don’t you exercise more?
26. **Tell me about your exercise in a typical day or week**
27. A patient has tried a number of different diets without any success in sustaining weight loss. An example of “affirming effort or commitment” reflection would be … Check **all** that apply
28. **“You invested a lot time and effort in trying to lose weight.”**
29. “There are probably lots of diets you haven’t tried already.”
30. “You’re obviously someone who can’t stick to one diet for very long.”
31. “Surely one of the diets you’ve tried worked better than some of the others.”
32. **Losing weight is clearly important to you.**
33. A patient you are counseling for obesity reveals to you that she was an active swimmer for many years and a competitive swimmer in college. She is now completely sedentary. Which is a skilled example of eliciting change talk ? You may check more than one.
34. Wouldn’t you love to get back into the shape you were in back in college?
35. **Tell me about the things you enjoyed about swimming or the things you miss about it….**
36. Why not just start swimming a couple of days a week?
37. What is holding you back from getting back into the pool?
38. **How might you feel if you started swimming again?**
39. Which of the following would be the best strategy to elicit change talk?
    1. Roll with Resistance and drain the swamp
    2. Double-Side Reflection and acknowledge ambivalence
    3. **Ask the patient to look forward and describe her/his life if their change is made**
    4. Ask the patient to list their barriers to change.
    5. Pros and Cons chart
40. What are the three essential components of high quality (autonomous) motivation? (pick Three)
    1. **Volition or Autonomy**
    2. **Importance or Meaning**
    3. **Optimal Challenge**
    4. Reflection and Empathy
41. Which two of the following would best classify as a benign closed question? You may check more than one.
    1. Why do you always do that?
    2. Isn’t it time for you to finally change?
    3. **Are things any better at home?**
    4. Do you have your insurance card with you?
    5. **Did that help at all?**
42. “Comforting the Afflicted” is best accomplished by….
    1. Eliciting change talk
    2. **Rolling with Resistance**
    3. Building Discrepancy
    4. Affirming
    5. Goal Setting
    6. Self-Monitoring
43. “Afflicting the Comfortable” is best accomplished by….
    1. Eliciting change talk and barriers
    2. Rolling with Resistance and Action Reflection
    3. **Building a Values Discrepancy**
    4. Affirming Effort
    5. Goal Setting
    6. Self-Monitoring
44. Resistance is generally driven by which **three** feelings?
    1. Ambivalence
    2. Change talk
    3. **Dread**
    4. Discrepancy
    5. **Fear**
    6. **Depletion**
    7. Rapport
45. When used effectively, reflections carry which of the following Meta-messages? (check all that apply)
    1. **I am listening to you.**
    2. **I am following your story.**
    3. **I am trying to understand you.**
    4. **I accept you.**
    5. **I won’t judge you.**
    6. **I won’t push you.**
    7. **All of the Above**
46. “Draining the swamp” is best accomplished by….

a. Reflecting Change talk

b. Double Sided Reflection

c. Action Reflection

**d. Roll with Resistance**

e. Afflicting the Comfortable

1. A good example of a closed preferred question is…

a. Are you feeling any better?

**b. Did you close the garage door this morning?**

**c.** Did you finally stop using drugs?

d. Are you ready to change?

e. Why did you do that?

1. A good way to ask about recent weight change is ?

**a. To what extent was this result a surprise or expected ?**

b. Why did you gain so much weight?

c. How much weight do you want to lose?

**d. How does your weight today compare to your weight 6 months ago?**

e. Tell me about a typical day with you and food.

1. Reactance is likely to occur when…

a. You support client autonomy

b. You use action reflections

c. You roll with resistance

**d. You use controlling language**

e. You affirm effort

1. In Self-Determination Theory, motivation is most synonymous with…

a. reactance

b. comforting the afflicted

c. resistance to change

d. depletion

**e. energy to change**

1. Adding language such as “if any”, “if ever”, “if at all”, accomplishes what?

a. Makes the question open ended

b. Makes the question closed ended

**c. Communicates that never, not at all, et are possible answers**

d. Communicates that always, every time, and many are possible answers

e. Communicates you need to change and now

1. Closed-Preferred questions usually ask about…

a. Emotion

b. Intention

**c. Past one-off events**

d. Future Events

e. personality Attributes

1. “Given what you said, \_\_\_ might be worth talking about…” is commonly used in which type of reflection?

a. Simple reflection

b. Double Sided reflection

c. Amplified Negative reflection

d. Rolling with Resistance reflection

**e. Action reflection**

1. “You see absolutely no benefit in changing \_\_\_ ” is commonly used in which type of reflection?

a. Simple reflection

b. Double Sided reflection

**c. Amplified Negative reflection**

d. Rolling with Resistance reflection

e. Action reflection

1. If an importance ruler score is lower than the confidence ruler score, you might want to use which strategy to build more change talk?

a. Pros and Cons

b. **Values Link**

**c.** Strengths Link

d. Rolling with Resistance

e. Action Reflection

1. Reflective listening is best characterized as…

a. Optimal Challenge and Efficacy Building

b. Breaking Rapport and Building Discrepancy

**c. Your best guess for how the client feels**

d. The best advice you can give

e. Afflict the Comfortable but Never Comfort the Afflicted

1. Questions may be preferred over reflections when investigating… (Check all that apply).

**a. Amounts**

**b. Dates**

**c. Frequencies**

d. Feelings

e. Intentions

1. The goal post question is best suited for…

**a. Potentially charged issues**

b. Low verbal patients

c. Resolving ambivalence

d. Eliciting Change Talk

e. Action reflections

1. Double-sided reflection is to Ambivalence as Amplified Negative Reflection is to…

**a**. Rolling with Resistance

b. Reactance

c**. Intense Resistance**

d. Action Reflection

e. Efficacy