

Getting to the Heart and Mind of the Matter

Motivational Interviewing

Motivational Interviewing – Reflections Exercise

Scenario 1

Extension Stakeholder:

“I don’t see why Extension is doing vaccine education. That is work for the health department.”

Simple reflection:

“You don’t think Extension should be doing vaccine education.” What other ideas do you have for a simple reflection for this statement?

Scenario 2

Extension Co-worker:

“I wouldn’t touch vaccine education with a ten-foot pole! It is so controversial and political. Besides, it is a personal decision, and you can’t change people’s minds.”

Complex Reflection:

“You want some evidence that vaccine education is effective and can support people’s individual health choices.” What other ideas do you have for a complex reflection for this statement?
