

Getting to the Heart and Mind of the Matter

Motivational Interviewing

Vaccine Readiness Conversation Practice

Instructions:

- Read through the following exchange between a Community Member and an Extension Professional.
- You will have 5 minutes to complete this worksheet individually. After 5 minutes, you will have 10 minutes to discuss your answers as a group.
- You will have 15 minutes for the whole exercise.

Extension Professional: *On a scale from 1 to 10, where 1 means not ready at all and 10 means very ready, how are ready are you to ask your daughter's pediatrician about what vaccines your child may need?*

Community Member: *Oh geez. I don't know. Um. A 4?*

PROMPT Write an example of a reflection that you can offer this Community Member. Remember, reflection is a statement that reflects what the person said. It could be a simple restatement, or a reflection of underlying feeling or meaning.

Community Member: *Sounds about right.*

Extension Professional: *What makes it as high as a 4 and not a 2?*

Community Member: *Well, I know that if my daughter has vaccines, she could stay healthier. And keep all of us healthier, too. But what if there are side effects that I don't know about...*

PROMPT Write down what change talk you are hearing in the Community Member's Statement. Remember, change talk are statements of: *desire, ability, reasons, need, commitment, activation, or taking steps towards change.*

PROMPT Write down an affirmation that you could offer this Community Member. Remember, an affirmation *is a statement that reflects person's strengths, values, or goals.*

Extension Professional: *What would need to happen for you to feel a little more ready, like a 5 or a 6?*

Community Member: *I think writing down some of the questions that I have for my daughter's pediatrician so I don't forget to ask them, that would make me feel more prepared.*

PROMPT Write down a question you could ask this Community Member to move the conversation forward:

