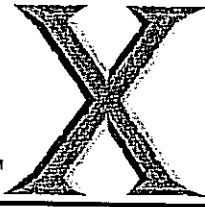


## TEN THINGS MI is NOT



1. Based on the Transtheoretical model of change
2. A way of tricking people into doing what you want them to do
3. A specific technique (MI is a counseling *method*; no specific technique is essential)
4. Decisional balance, equally exploring pros and cons of change
5. Assessment feedback
6. A form of cognitive-behavior therapy
7. Just client-centered therapy
8. Easy to learn
9. What you were already doing
10. A panacea for every clinical challenge