

Motivational Interviewing

- CEU Program Quiz -

(Complete the quiz. Fill in the form at end of quiz with Payment Information.)

Name: _____

Credential #: _____

Date Completed: _____

- 1) The basic principle of Motivational Interviewing is to _____?**
 - a) Help the client lose weight.
 - b) Allow you to hire the best candidate.
 - c) Lead a conversation that allows the client to come to conclusions on their own.
 - d) Force the client to act in a certain manner.

- 2) Sociologists have found that when it is suggested that a person's previous behavior may be causing the problems they are experiencing, many people _____.**
 - a) Break down and cry
 - b) Get up and walk out
 - c) Immediately change their behavior
 - d) Become defensive

- 3) Compromise and comedy are the keys to make this successful.**
 - a) True
 - b) False

- 4) As it relates to Motivational Interviewing, being able to understand a client's meaning and perspective is _____.**
 - a) Expressing empathy
 - b) Expressive listening
 - c) Comprehensive listening

- 5) Showing the patient exactly what they are doing wrong is very helpful in this process.**
 - a) True
 - b) False

- 6) **Developing discrepancy in Motivational Interviewing refers to _____.**
- a) Creating a difference between the leg lengths.
 - b) Creating a gap between what you want and what the patient wants.
 - c) Helping the client recognize the gap between what they are doing now and the goals they have set for themselves.
- 7) **A spirited argument and direct confrontation help the client by forcing them to acknowledge that you are right. This is a key to successful Motivational Interviewing.**
- a) True
 - b) False
- 8) **It is sometimes necessary to _____ with the client in order to move the process forward.**
- a) Eat
 - b) Compromise
 - c) Argue
 - d) Travel
- 9) **When encountering resistance from the patient, you should adjust your tactics.**
- a) True
 - b) False
- 10) **Helping your client acknowledge the possibility of change and develop the desire to change is _____.**
- The opposite of what you are trying to accomplish.
 - A helpful byproduct of the shoe buying experience.
 - Really the point of Motivational Interviewing.

end of "Motivational Interviewing" Quiz (Fill out Payment Information on last page.)

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