Motivational Interviewing
Debriefs: Sarah's Clip 2

Narrator: Despite Tammy feeling down and tired she seems very open to talking with you. How did you help her to feel comfortable to share such personal information with you?

Sarah: Well, Tammy wasn't always so open with me. It has taken time for us to build a trusting relationship. I think by asking open ended questions, always checking in to focus on her goals, and truly listening to her perspectives and opinions has helped her to trust me.

I see our work together as collaboration and I try to highlight and affirm the progress she has made toward her goals. But, you know, probably more than anything, I just try to be real with Tammy.

I really care about her and, hopefully, she can see that I'm sincere.

[End video]