

## ALLIANCE FOR HPV FREE COLORADO

**MI Road Map:** MI is an interpersonal style rather than a set of techniques *applied to* people, so not usually appropriate to use a scripted intervention, but providers could follow this type of sample *road map*:



### THROUGHOUT AS NEEDED:

- ✓ Roll with resistance: Reflective listening, reframe, emphasize personal choice and refocus
  - ✓ Support self-efficacy
  - ✓ OARS, affirmations