#### 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:* 

# **Build rapport**

Introduce self and ask the parents/caregivers' name and perhaps some other personal information.

Provide unconditional acceptance and positive regard for the parents/caregivers

Ask permission to explore HPV vaccine for their child

Inquire what the parent/ caregiver already knows about the HPV vaccine

Elicit-Provide-Elicit

Reflective listening (throughout)

Summarize

Explore motivation, confidence and readiness to get child vaccinated

### Explore ambivalence

# Elicit change talk and enhance motivation

Evocative questions, elaboration, decisional balance, look ahead, query extremes, goals and values concerning child's health.

Where does all of this leave you now? What's next?

# Support commitment and enlist support

Discuss and elaborate ideas and plans for getting vaccinated: What is your plan? What might get in the way? Where does this leave you now?

#### Ask about motivation and confidence once more

#### THROUGHOUT AS NEEDED:

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