

Motivational Interviewing

Debriefs: Sarah's Clip 1

Narrator: What are your thoughts about this conversation? How do you think it went? Despite your message to Tammy about the positive depression screening, she didn't seem open to the idea of discussing it with someone.

Sarah: I have had to work really hard to realize that when I'm working with parents I'm most successful when I accept where the parent is. I'm not going to get anywhere if I try to impose my own agenda on someone. My goal is to understand where she is coming from. For us to develop a true partnership I need to really listen and acknowledge her perspective. I want Tammy to see me as a support to her not as someone who is trying to tell her what to do.

Ultimately, I really believe parents are the experts in their own lives and need to make their own decisions about what is best for them.

[End video]