



**EMITA**

EESTI MOTIVEERIVA INTERVJUEERIMISE  
JA TREENINGU ASSOTSIATSIOON



HASARTMÄNGUMAKSU  
NÕUKOGU

## Autonoomia austamine

EMITA konverents 2017

### Measuring Autonomy Support; Is it possible?

*Denise Ernst, PhD*

Supporting the autonomy and sense of self-determination of the client is one of the key elements of the Motivational Interviewing (MI) spirit. It is a focus for training and evaluation. Questions that arise include; What do we mean by autonomy support? What does a clinician do to convey that support to the client? How can we measure the extent to which the clinician is actively supporting autonomy? In addition, how does the client demonstrate that they experience a sense of personal choice, self-determination, or ownership of their life? This presentation will look at the methods available for measuring autonomy support from listening to counseling sessions and attending to the clinician's responses and offerings. From the client's perspective, we'll examine the language that the client might use to express a sense of autonomy or the perceived lack of choice and options. Finally we'll discuss the dance of building a sense of autonomy and responsibility within the context of the MI conversation and how we might use these measurements to train clinicians to become more autonomy supportive.

### *Biography*

Denise Ernst, Ph.D., received her doctorate from the University of New Mexico under the renowned Dr. William Miller, co-founder of motivational interviewing (MI), with a research focus on the application of MI in real clinical practice. She has been involved in efforts to increase the effectiveness of training, has provided structured feedback and coaching to a variety of professionals, and has developed and delivered several levels of advanced MI curriculum. Dr. Ernst has participated in the development and refinement of the family of MI coding instruments, including the Motivational Interviewing Skill Code (MISC) and the Motivational Interviewing Treatment Integrity (MITI) coding system, to determine treatment fidelity, practitioner skills and the critical elements of good MI practice.