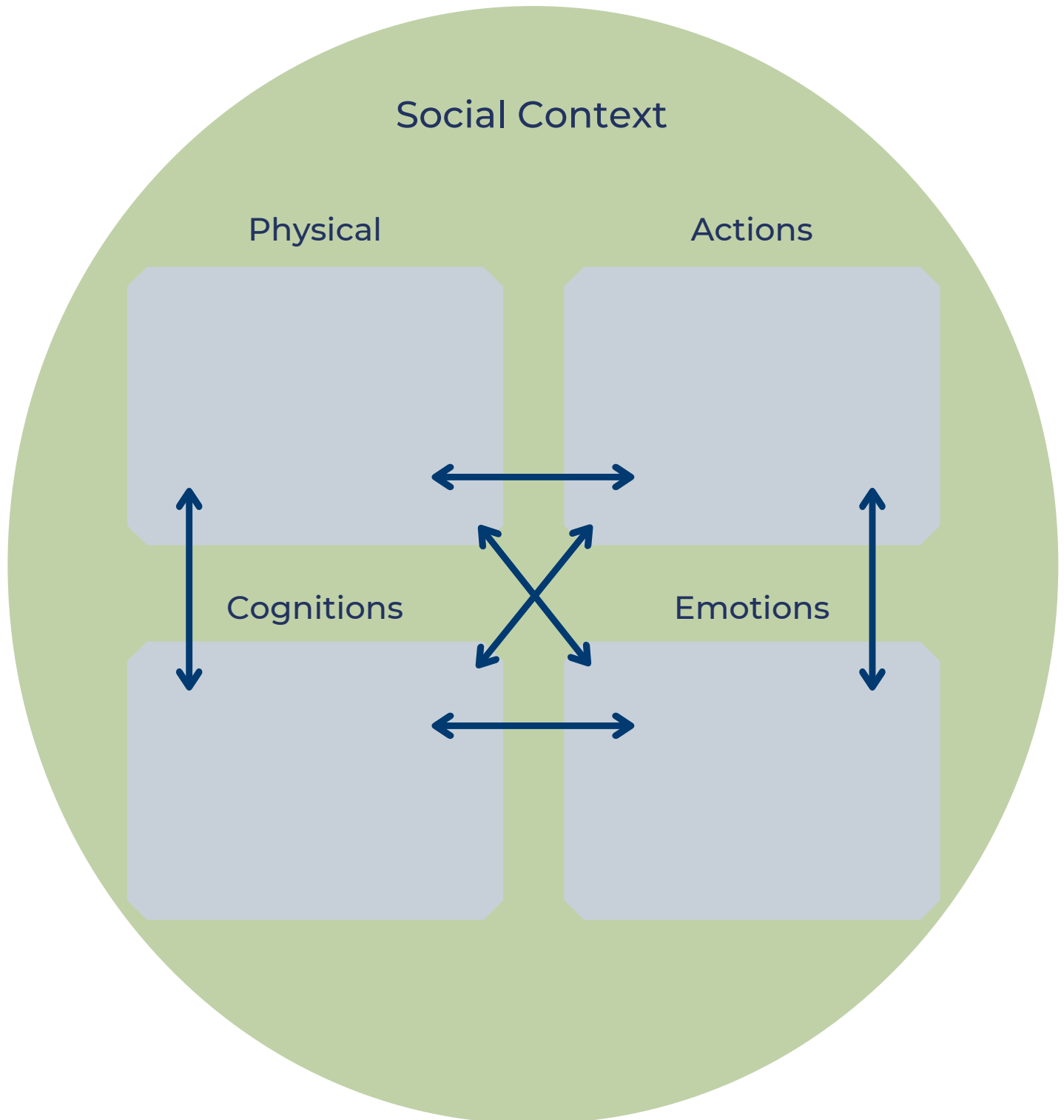




# SPACE



Edgerton, N. and Palmer, S. (2005). SPACE: A psychological model for use within cognitive behavioural coaching, therapy, and stress management. *The Coaching Psychologist*, 1(2): 25-31.

Williams, H., Edgerton, N., and Palmer, S. (2010). Cognitive Behavioural Coaching. In E. Cox, T. Bachkirova and D. Clutterbuck (Eds.), *The Complete Handbook of Coaching*. London: Sage.

# Motivational Interviewing

## Tips to Lighten Your Load



### **Talk less, listen more**

Use your big, listening ears. What does that mean to you? Do you listen to reply? Do you listen to solve the problem? Or do you listen to really understand what your teen is trying to tell you?

### **See your child/tween/teen as your collaborator**

You are not the only person in the relationship. Share the responsibility with the other person. Your child/teen has tons of light and perspective to shed on any situation/problem, etc.

### **You do not have all the answers, nor do you have to**

Being solution focused is great when the other person is ready, willing and able to use any solution. Our “helping reflex” as parents and care-givers is HUGE.

### **Take care of yourself**

In order to be the parent/care-giver that you want to be, take care of yourself first (air mask on an airplane). Self-care is not being selfish.

MI's spirit and respectful strategies are powerful tools to help you in your parenting and care-giving conversations. Here are some of our favourite ways to help you really try and understand the child/tween/teen's perspective.

# Motivational Interviewing

## Tips to Lighten Your Load



### You can express empathy by:

#### Showing genuine interest the other's perspective

- So, please walk me through your thought process, step by step..
- Tell me how you got there.

#### Exploring the other's perspective by asking open questions

- What happened?
- What thoughts swirled around your head?
- How did you put the fire out?

#### Show appreciation for the other person's situation/perspective

- So, please walk me through your thought process, step by step..
- Tell me how you got there.

#### Highlight and affirm strengths, efforts, positive intentions

- You took responsibility for that fire right away!

#### Reflect, don't react!

Reflections (or mini-summaries) are extremely useful when trying to understand another person's words or actions and when helping the other person understand themselves.