

# Motivational Interviewing and Concept Mapping

# Background

- How are we understanding and using MI within an range of diverse applied contexts?
- Which aspects and elements of MI guide our practice?
- Is there anything which would help us understand or use MI more effectively?

Task:

To create a **concept map** of your understanding of **Motivational Interviewing** and its **application** to your specific context

# What is a Concept Map?

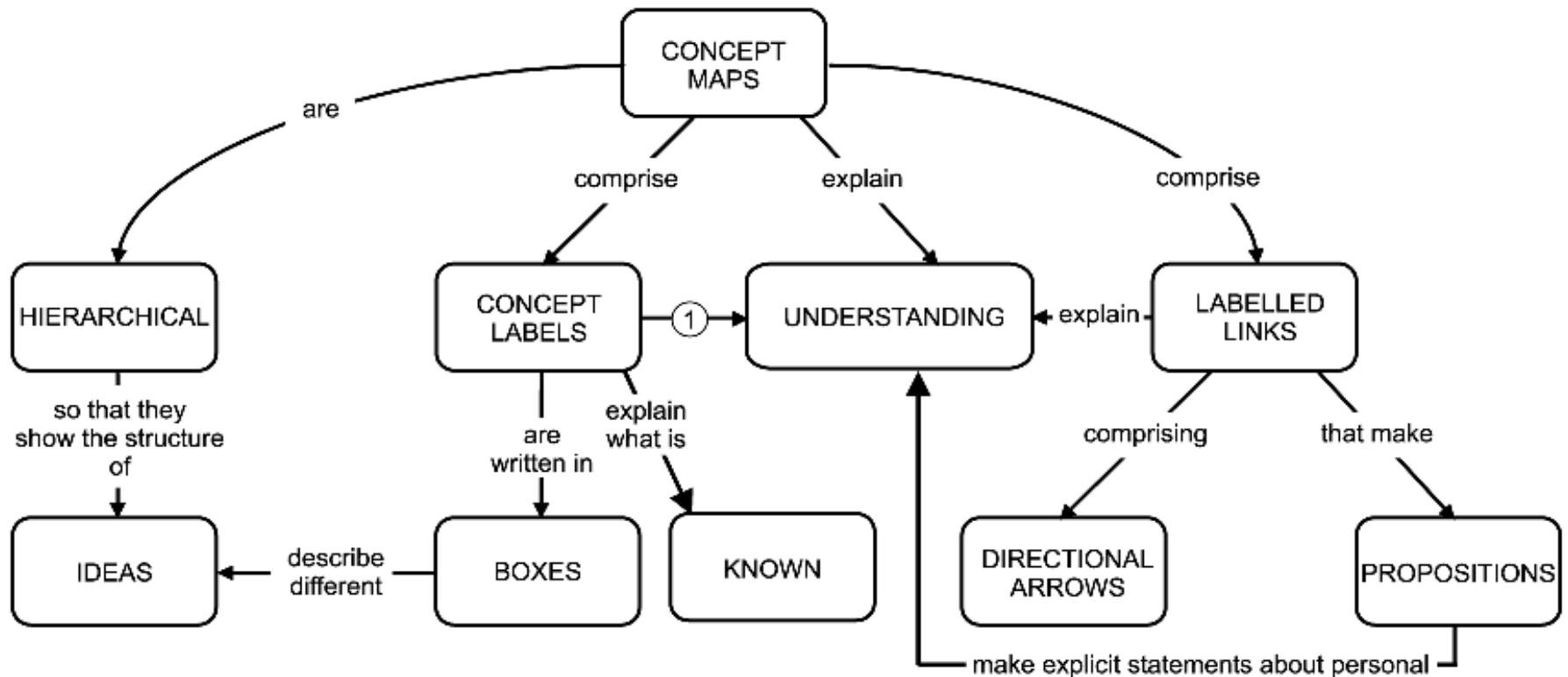
Concept mapping is a method of diagrammatic representation.

It is similar to Mind Mapping or spider diagramming.

Concept mapping has demonstrated the capacity to externalise a person's understanding of a given topic.

A concept map is a snap shot of a person's understanding at a given time.

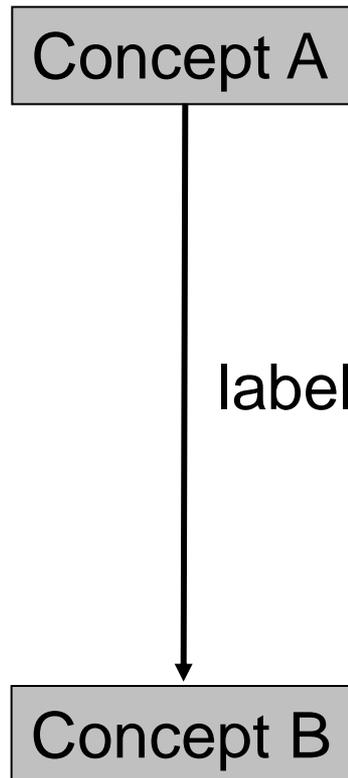
# Example Concept Map



① are linked up to form statements that define

# How to make a concept map

# Concept Mapping

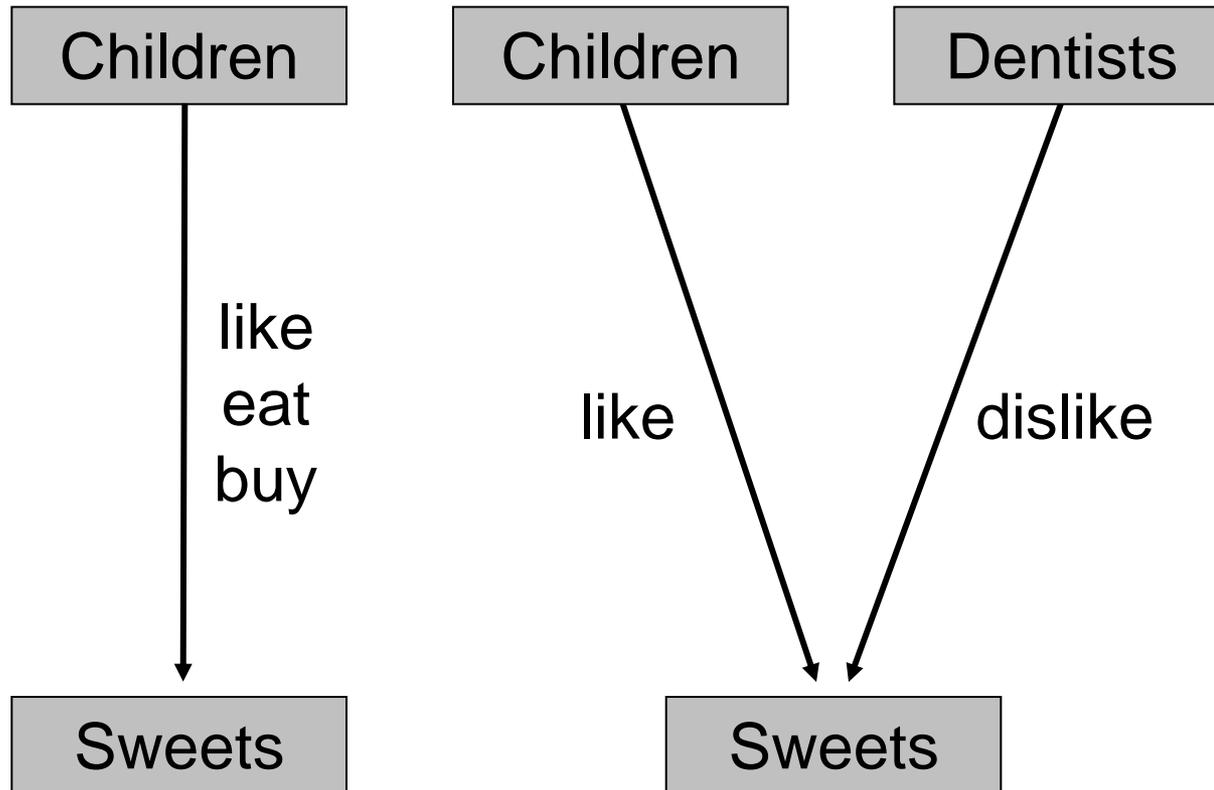


A **concept** is a specific idea represented graphically in a box

The concepts are linked with an **arrow**, which shows the direction in which it should be read, and a **label**, which describes the relationship between two concepts

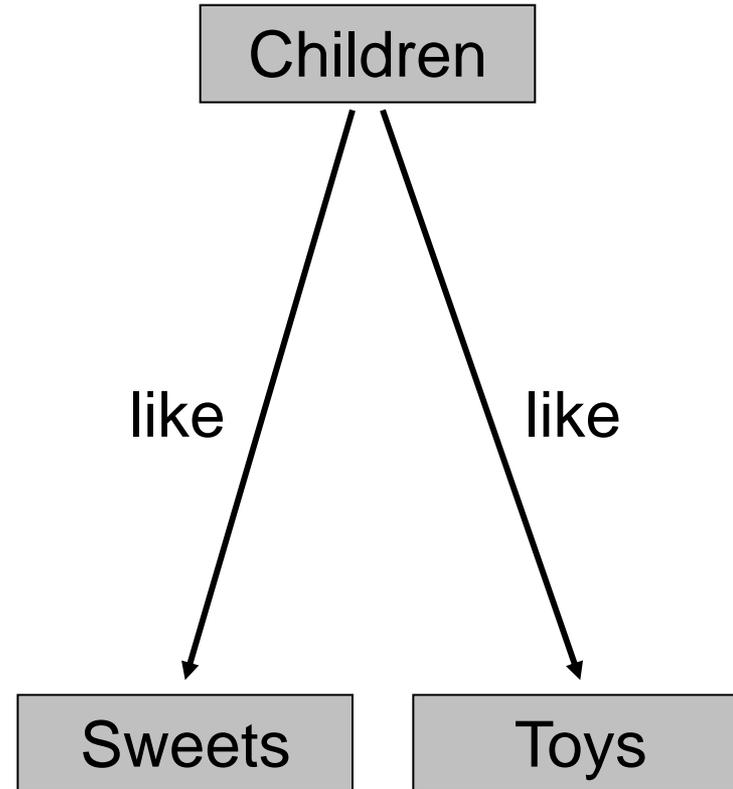
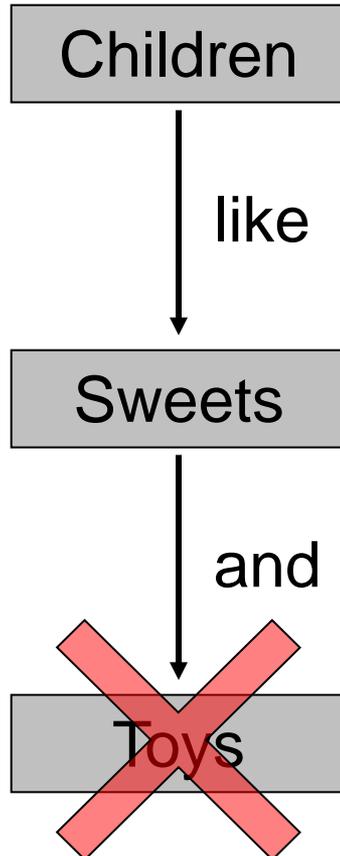


# Concept Mapping





# Concept Mapping



# Rules

A concept is represented in a box and can only be used once.

Each link should have direction and a label.

The label describes the relationship between those two concepts and should read as a stand alone statement.

You do not have to link every concept with each other; only the most important relationships should be linked.

Aim for simplicity and clarity in your map.



Manchester  
Metropolitan  
University

# It's Your Turn!



Create a concept map of your understanding of :

Motivational Interviewing and its  
application in your context

# Steps to Concept Mapping

Start with the concept of '*Motivational Interviewing*'.

Create concepts that you think are important to understanding MI and write these on the Post-It Notes.

Organise your concepts on the page in a way that makes sense to you.

Link the concepts with an arrow showing direction and label the arrow to describe the relationship between those two concepts.