THE RELATIONSHIP BETWEEN MOTIVATIONAL INTERVIEWING AND TRAUMA INFORMED CARE*

Trauma- Informed Care	Motivational Interviewing
Emphasis on safety, respect, and acceptance while avoiding treatment that might re-traumatize.	Emphasis on respect, empathy, and acceptance while avoiding confrontation
Emphasis on listening to and believing the survivor.	Emphasis on reflective listening to ensure accurate understanding.
Emphasis on understanding the person and her symptoms in the context of her life experience, culture, and society	Emphasis on individuals being the experts in their lives.
Emphasis on collaboration, power sharing, and empowerment.	Emphasis on collaboration, power sharing and empowerment.
Emphasis on suspending judgment through asking "what has happened" to the person rather than "what is wrong" with the person.	Emphasis on suspending judgment through exploring experiences and perceptions rather than labeling.
Emphasis on strengths, highlighting adaptations over symptoms, and resilience over pathology	Emphasis on supporting self-efficacy through affirmations that highlight strengths and positive coping skills.
Emphasis that recovery can only take place within the context of relationship	Emphasis on relationship as foundational to the change process.
Emphasis on maximizing choices and survivors' control over recovery.	Emphasis on supporting autonomy and increasing perception of choice.