

FOUNDATIONS OF MOTIVATIONAL INTERVIEWING: BRIEF VIEW

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WELCOME!

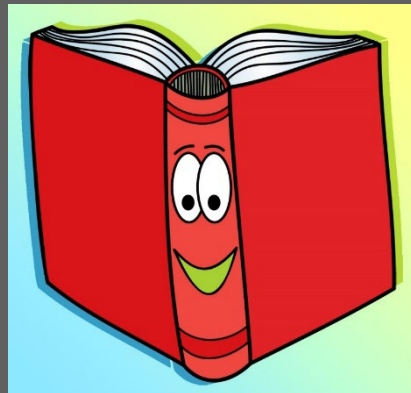
- Let's get some numbers
 - How familiar are you with Motivational Interviewing (MI)?
 - How enthusiastic are you to learn MI today?
 - How much do you *LOVE* role playing?



WHAT IS MOTIVATIONAL INTERVIEWING?

- Definition from Miller & Rollnick (2023), p. 328

“A particular way of talking with people about change and growth to strength their own motivation and commitment.”



WHO IS MI FOR? WHY USE IT?

- Anyone and everyone!
- Research tells us that it is helpful in:

- Mental health treatment
- Addiction
- Primary Care
- Smoking Cessation
- Physical Therapy
- Nutrition
- Dental Care



- Fitness
- Cross-Cultural Environments
- Virtual/Telehealth Environments
- One-time Appointments
- Ongoing Appointments



SPIRIT OF MI (P.A.C.E)

- Partnership- collaboration between interviewer and interviewee (client), recognition and partnership with the interviewee's own expertise
 - Think dancing
- Acceptance- nonjudgmental understanding of people as they are
 - This does NOT mean agreement



SPIRIT OF MI (P.A.C.E)

- Compassion- a benevolent intention towards the person's well-being
 - Not about what we want to the person to do
 - About helping the person do what they would like to do (back to partnership)
- Empowerment- helping people realize and utilize their own strengths and abilities
 - What does the client/patient already have?
 - Affirmations about ability to make their own choices
 - Acknowledge freedom of choice

SPIRIT OF MI- SMALL GROUP ACTIVITY

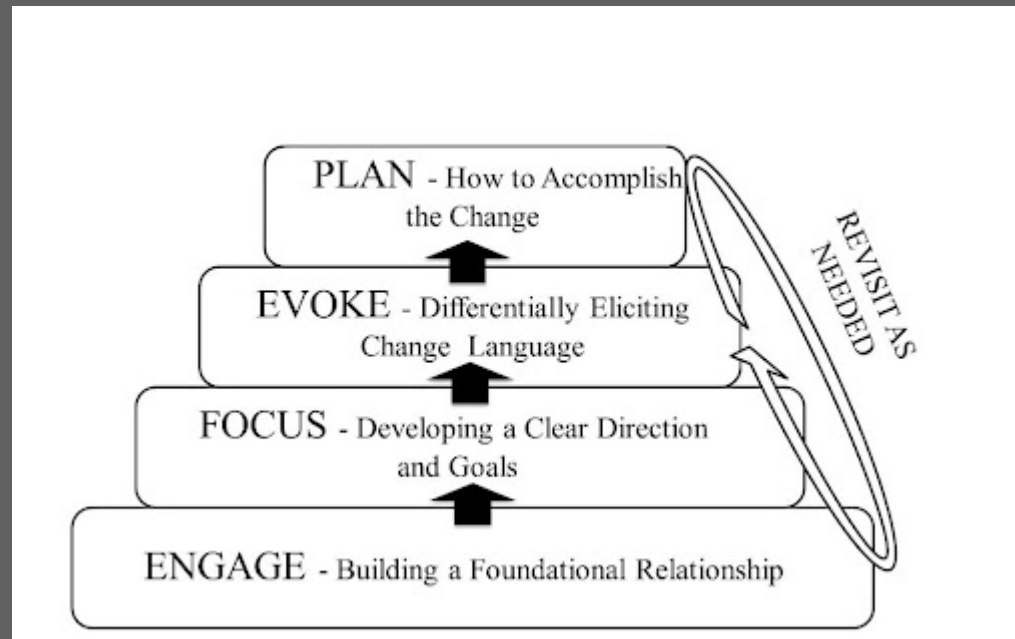
- *Partnership*- Who surprised you by treating you as an equal, a collaborator? Who has served as a guide to you?
- *Acceptance*- Who communicated deep acceptance of you just as you were?
- *Compassion*- Who was concerned for and committed to your well-being?
- *Empowerment*- Who brought out the best in you? Who pointed out strengths and talents you didn't know you had?

SPIRIT OF MI- SMALL GROUP ACTIVITY

- *Reflect*- What feelings came to mind as you reflected and shared on this person or these people in your life?
- That's the heart of MI and the hope of the impact we can have on clients

HOW DO WE DO THAT?

- 50%- acting out of the spirit of MI
- 50%- MI Skills



Manthey, n.d.

TASKS OF MI: ENGAGING

- Establishing a mutual trusting and respectful helping relationship
- Sometimes called “rapport building”
- “Can we walk together?”

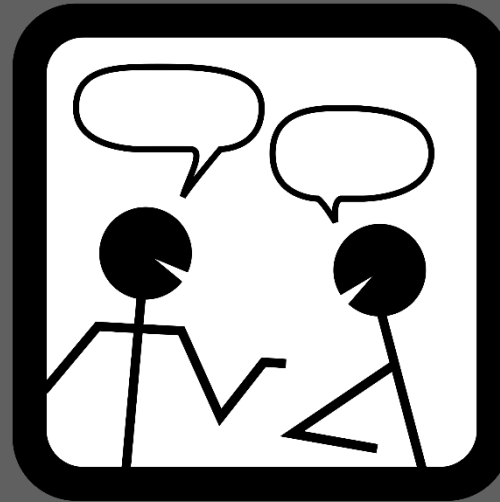


TASKS OF MI: FOCUSING

- Identify shared goals or direction for change
- Make sure to identify a target that relates to the work you are doing
 - Sometimes just being listened to feels so good that people will talk about various things in their life
 - Part of guiding is to help the client focus in goals related to your role/work in their life
- “Where are we going?”

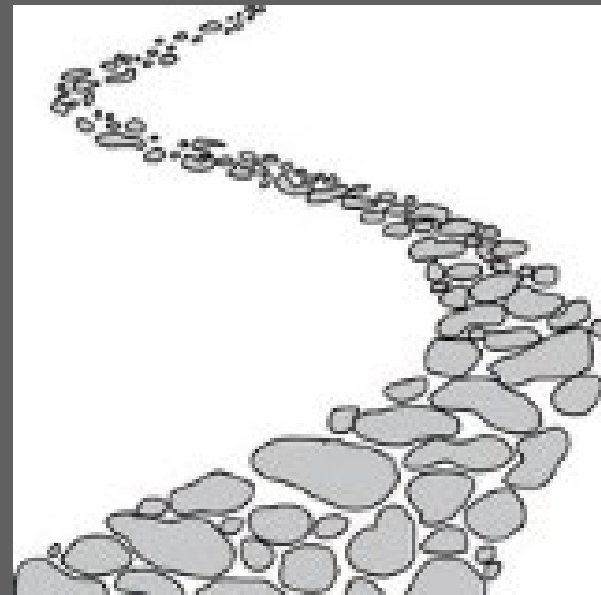
TASKS OF MI: EVOKING

- Elicit a person's own motivations for a particular change
- Critical that the person states aloud these motivations for themselves
- "Why would you go there?"



TASKS OF MI: PLANNING

- Identify a path to accomplish a particular change
- “How will you get there?”



TASKS OF MI- SMALL GROUP ACTIVITY

- You each will get a piece of paper with one of the tasks written on it
- Take turns role playing as provider and client
- Client- come in for a general compliant
 - For example- "I think I drink too much."
 - For example- "I want to take better care of my teeth"
 - For example- "I am struggling to manage my health."
- Provider- Attempt to have the client share statements related to the task you have written down

IMPORTANCE OF AUTONOMY

- Follows the Spirit of MI
- Client's decision leads to improved outcomes
- Helps reduce burnout in providers
- Group discussion- How can we support autonomy?

ASK-OFFER-ASK

- Ask what the person already knows
- Ask permission to share more
- Offer the information
- Ask the person what they think

AMBIVALENCE

- “I want to...but I don’t want to!”
- Natural experience
 - Think of a time you were deciding between two choices
- Remember the Spirit of MI
 - Avoid shutting down “cons” or client statements about not changing
 - Allow client to share these and reflect back the “pros”
- It can take ambivalence to lead to desire to change

CHANGE TALK AND SUSTAIN TALK

- Ambivalence produces both Change talk (CT) and Sustain talk (ST)
- Change Talk- any speech that favors movement towards a particular change goal
- Sustain Talk- any speech that favors status quo rather than movement towards change

CHANGE TALK AND SUSTAIN TALK

Change Talk	Sustain Talk
I need to start walking more.	I don't have any time to do anything different.
I'm ready to look for stable housing.	I've lived on the street for years. I'm fine.
I want to stop drinking.	I already have liver problems. Why should I stop now?
I've heard medication could help me with my depression.	I've tried everything. My depression isn't getting better.
What can I do differently to help my patient?	This patient is impossible!

EVOKING CHANGE TALK

- Explore goals and values with client
- Use the importance ruler
- Looking back
- Looking forward
- Utilize D.A.R.N.
 - Desire- "How would your life be different if you went back to school?"
 - Ability- "How might you go about eating healthier?"
 - Reason- "What would you be able to do if you were sober?"
 - Need- "How important is this to you?"

CORE SKILLS: O.A.R.S.

- Open Questions
 - A question that offers the person broad latitude in how to respond
 - Serve as an invitation for the client to explain, describe, share, etc.
 - Encourage an active role
 - Promotes change talk
- Examples:
 - How have things been since we last met?
 - What are you struggling with?
 - How did you manage to do that?
 - Tell me more about _____.

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CORE SKILLS: O.A.R.S.

- Affirmations
 - Type of Reflection
 - Focuses on acknowledgment of person's strengths, abilities, and efforts
 - Can promote confidence
 - Can validate feelings
 - Can Increase trust



CORE SKILLS: O.A.R.S.

- Reflections
 - Interviewer statement intended to mirror the meaning of what a person has said
 - Can be simple- little to no additional content
 - Can be complex- adds additional or different meaning beyond what is said
 - Helps bring out unspoken meaning connected to thoughts, emotions, and/or beliefs

CORE SKILLS: O.A.R.S.

- Summaries
 - Type of reflection
 - Draws together content from two or more previous statements
 - Shows listening
 - Links thoughts/feelings together in a larger recap

SMALL GROUP ACTIVITY

Please select a group based on what you'd like more practice with:

1. Moving through the tasks (engage, focus, plan, empower)
2. Identifying change vs. sustain talk
3. Working with Open questions
4. Improving Affirmations
5. Practicing Reflections and Summaries
6. Advanced Group- If you're an expert, come to this table for advanced practice/things not covered in the presentation

MI MEDITATION

From Miller & Rollnick (2023), p. 12:

Guide me to be a patient companion,
To listen with a heart as open as the sky
Grant me vision to see through their eyes
And eager ears to hear their story.
Create a safe and open mesa on which we may walk together.
Make me a clear pool in which they may reflect.
Guide me to find in them your beauty and wisdom,
Knowing your desire for them to be in harmony:
Healthy, loving, and strong.
Let me honor and respect their choosing of their own path,
And bless them to walk it freely.
May I know once again that although they and I are different,
Yet there is a peaceful place where we are one

SOURCES

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ANY QUESTIONS?

