

Motivational Interviewing

David Prescott

WELCOME!

The Big Question

- *Do we want them to re-offend or not?*

CONTACT

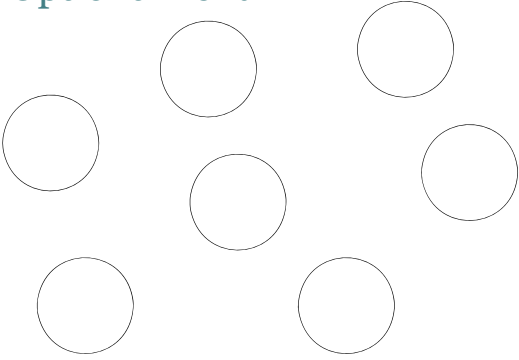
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*Healthy lives,
 Safe communities*



Options Menu

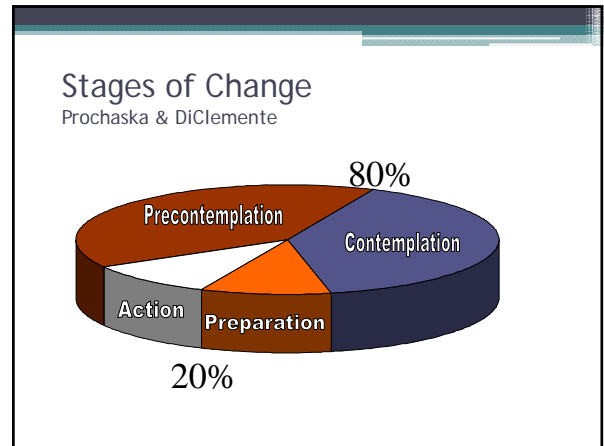
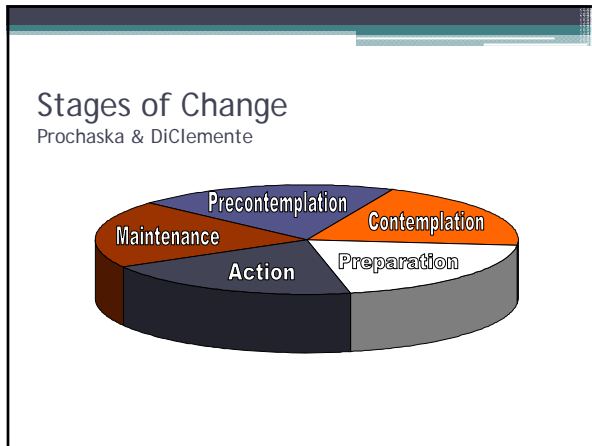


Take-Away Message

- People change
 - We have proof
- Punishment alone does not reduce recidivism
 - We have proof
- When all else fails, get back to the basics
 - Effective treatment gets young people to change the way they think and gets families to support those changes
 - **We will never change the way they think; they have to**

Take-Home Message

- Change Talk
- Acceptance
- Less Is More
- Righting Reflex
- Michelangelo Belief
- Autonomy and Choice



How ready are you?

0 1 2 3 4 5 6 7 8 9 10

Motivation = importance + Confidence

RESPECT

Style
is everything!

Motivational Interviewing

Best-known Definition

Motivational interviewing is a person-centered, directive method of communication for enhancing intrinsic motivation to change by exploring and resolving ambivalence.

Steve Rollnick, 2/28/10

- Motivational interviewing involves helping patients to say why and how they might change, and is based on the use of a guiding style

The Spirit of Motivational Interviewing

- Collaboration
- Evocation
- Autonomy

Update: September 2011

- Partnership
- Acceptance
- Compassion
- Evocation

Two Phases of MI

- Phase 1: Building Motivation for Change
- Phase 2: Strengthening Commitment to Change

Four General Principles

- Express Empathy
- Develop Discrepancy
- Roll with Resistance
- Support Self-Efficacy

Update: September 2011

- Four Fundamental Processes
 - Engaging
 - Focusing
 - Evoking
 - Planning

These processes are...

- Somewhat linear
 - E.g., engagement comes first
- And also recursive
 - Engaging happens throughout MI
 - Focusing is not a one-time event;
 - Real treatment involves re-focusing
 - “testing the water” on planning helps

Engaging

- Spirit factors
- Open questions
- Affirmations
- Reflections
- Summaries

Focusing

- Developing a clear direction and goal
- Sometimes the change goal is clear; very often it's not!
- Possibilities:
 - Clear Focus
 - Agenda Mapping (options menu)
 - Clarifying

Evoking

- Eliciting Change Talk
 - Desire, Ability, Reason, Need
 - A clear focus is a prerequisite
- Change and sustain talk:
 - Two sides of the same coin
 - Dancing with Discord”

Hope Theory

- Agency Thinking
 - Awareness that a goal is attainable
- Pathways Thinking
 - Awareness of how to do it
 - See works by C.R. Snyder
- *“Therapists who are burned out or otherwise fail to convey hopefulness model low agency and pathways thinking.”* (in Hubble, Duncan, & Miller, 1999)



Robben Island



Amrhein et al. (2003)

- Change Talk (Miller & Rollnick, 2002)
 - Desire “*I want to...*”
 - Ability “*I can...*”
 - Reason “*There are good reasons to...*”
 - Need “*I need to*”
- Taking Steps (e.g., “*I’ve been...*”)
- Commitment talk

Change talk

- ***When you hear change talk, don’t just stand there!***
- Reflect
- Reinforce
- Ask for more

Getting Moving: OARS

- Open questions
- Affirmations
- Reflections
- Summaries

Reflective listening

- Simple Reflection
 - Exact words
 - Closely related words
- Complex Reflection
 - Continuing the paragraph
 - Reflecting emotion