

MOTIVATIONAL
INTERVIEWING

2014
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Welcome!

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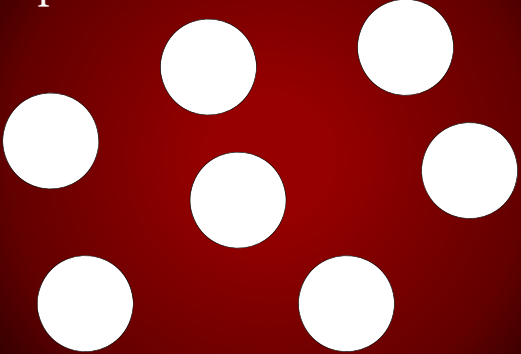
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- *Healthy lives,*
- *Safe communities*



WHEN YOU'RE WITH
ME...
You always have
options

Options Menu



ARE WE READY?

0 1 2 3 4 5 6 7 8 9 10

MOTIVATION = IMPORTANCE + CONFIDENCE

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

LET'S START WITH STRENGTHS

2013 PRACTITIONER'S DEFINITION

- Motivational interviewing is a person-centered counseling style for addressing the common problem of ambivalence about change.



2013 TECHNICAL DEFINITION

- Motivational interviewing is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion.

THE SPIRIT OF MOTIVATIONAL INTERVIEWING

- Partnership
- Acceptance
- Compassion
- Evocation

FOUR 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

TALK



There is no such thing as “resistance”

There is discord and sustain talk

“I’m not gonna; you can’t make me”

CHANGE TALK

- Desire “I want to...”
- Ability “I can...”
- Reason “There are good reasons to...”
- Need “I need to”

RESPONDING TO CHANGE TALK

- *When you hear change talk, don’t just stand there!*
- Elaborate (tell me more)
- Affirm
- Reflect
- Summarize

CHANGE TALK JEOPARDY

- One person makes a change talk statement
- What is an open question that might have resulted in that change talk?

GETTING MOVING: OARS

- Open questions
- Affirmations
- Reflections
- Summaries

REFLECTIVE LISTENING

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

