

Motivational Interviewing

David Prescott

WELCOME!

The Big Question

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

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*Healthy lives,
Safe communities*



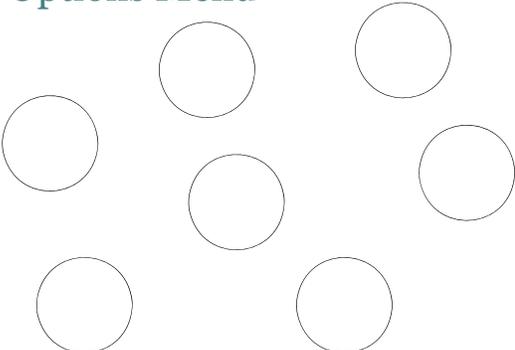
Don't worry!

- I won't call on you for answers
- I won't ask you to role play
- I won't put too much research into each slide

Focus

- Experience
- Relax
- Take-home skills
- Enjoy time being in a group

Options Menu

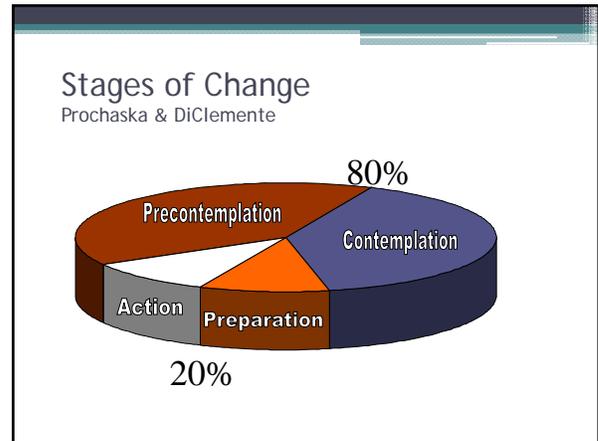
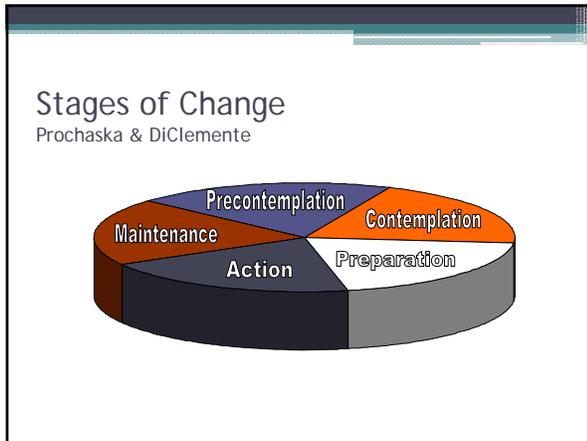


Take-Away Message

- 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



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

- 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

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)

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