Motivational Interviewing

Who am I?

WHY MI?

AGENDA:
- MI SPIRIT
- RIGHTING REFLUX
- MI SKILLS
- OARS

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MI Definition

Motivational Interviewing (MI) is a collaborative, conversation style for strengthening a person's own motivation and commitment to change

People change when they have choices and a sense of control

People are more likely to change:

➢If they have a menu

➢If they choose vs. being told

➢If they can focus on one thing

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MI is Like *Dancing~*

NOONE CAN ESCAPE THE MASTERLOCK!!!

~ Not *Wrestling*

The Spirit of MI

P =

A =

C =

E =

PARTNERSHIP

COMPASSION

MI SPIRIT

ACCEPTANCE

EVOCATION

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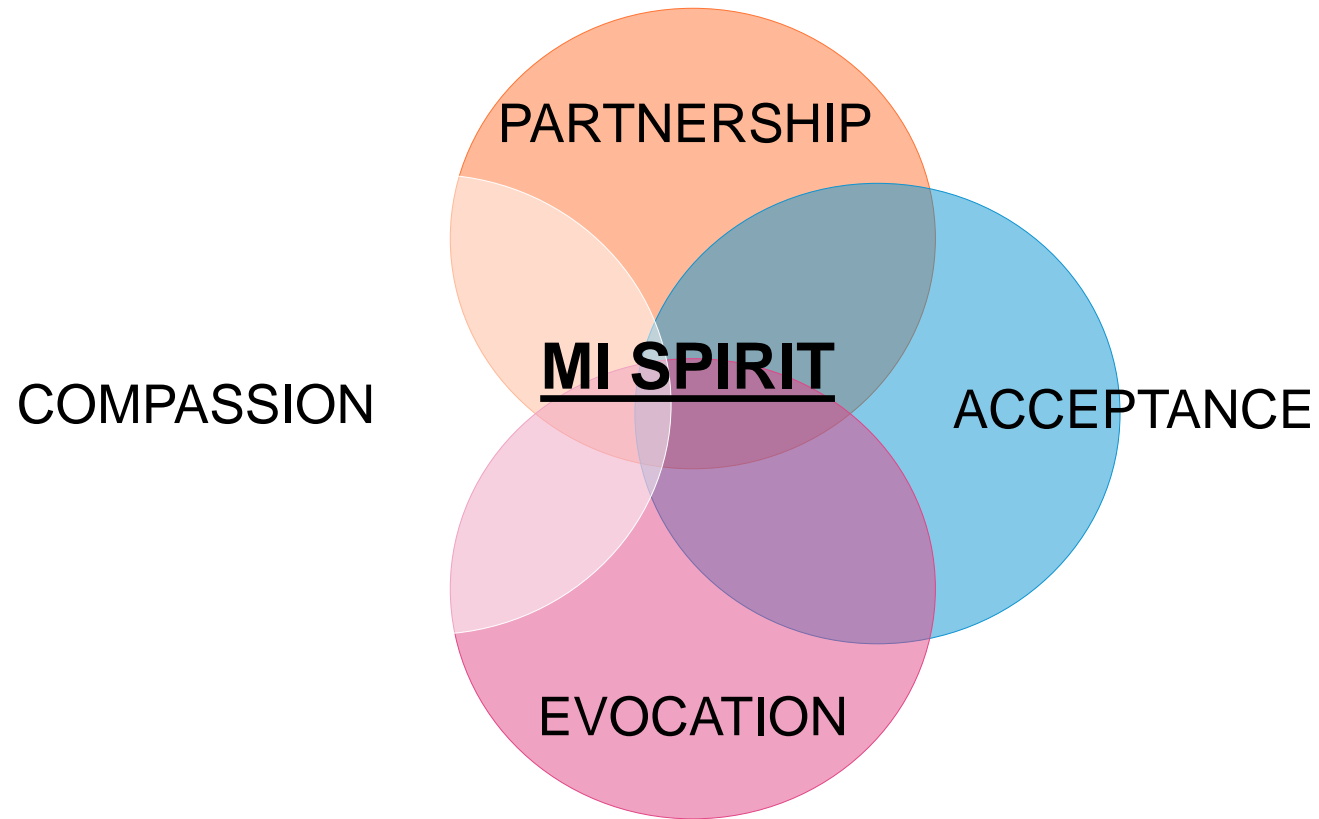
THE RIGHTING REFLUX

❖ **Recognizing the urge to 'FIX'**

❖ **The 'helper' dilemma**

❖ **Recognizing the urge to be the "PROBLEM SOLVER"**

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Engaging with MI Style

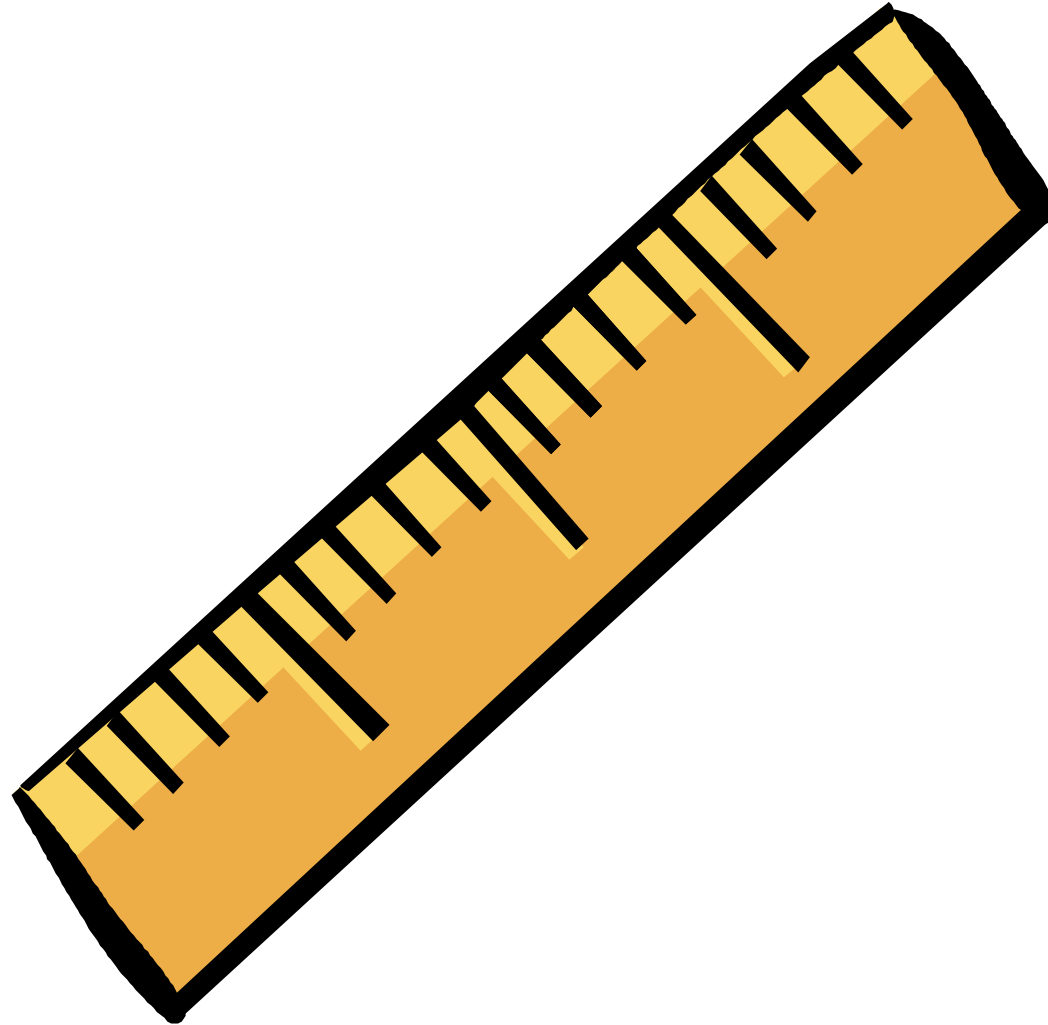1. Presence undivided attention

2. Deep Interest: Eyes, ears and heart
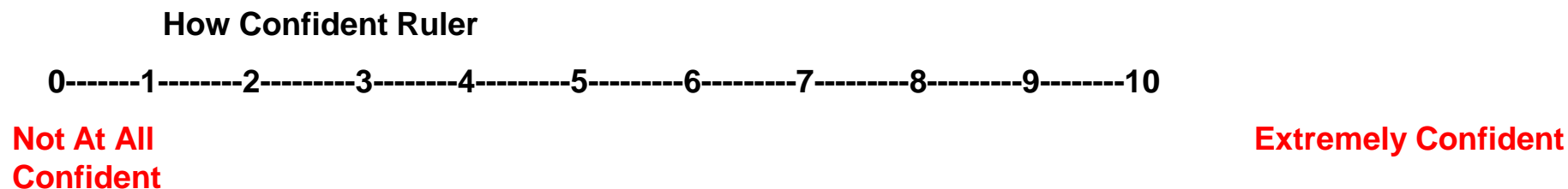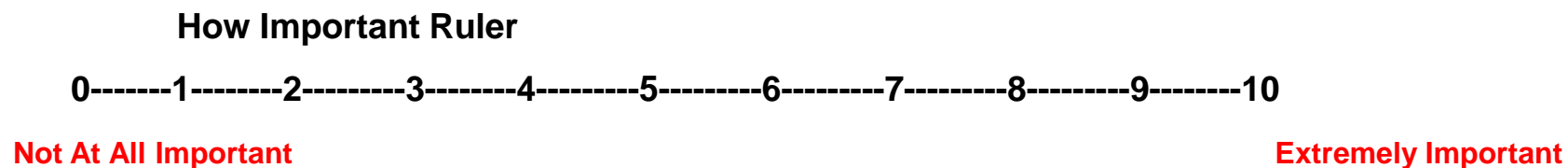
3. Dash of curiosity

4. Silence inside and outside

5. Compassion

6. Encouragers (e.g., mm-hmm, I see, go on, what else, tell me more)

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Readiness Ruler

Importance, Confidence, Readiness

How Important Ruler

0-------1--------2---------3--------4---------5---------6---------7---------8---------9--------10

Not At All Important   **Extremely Important**

How Confident Ruler

0-------1--------2---------3--------4---------5---------6---------7---------8---------9--------10

Not At All   **Extremely Confident**
Confident

Adapted from Miller & Rollnick (2002) MI textbook, p. 53.

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2 X 2 Decisional Balance

	Status Quo or Option A	Change or Option B
Advantages +	Good things about Status Quo or Option A **CON**	Good things about Change or Option B **PRO**
Disadvantages -	Less good things about Status Quo or Option A **PRO**	Less-good things about Change or Option B **CON**

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Three Styles of Focusing

Following:
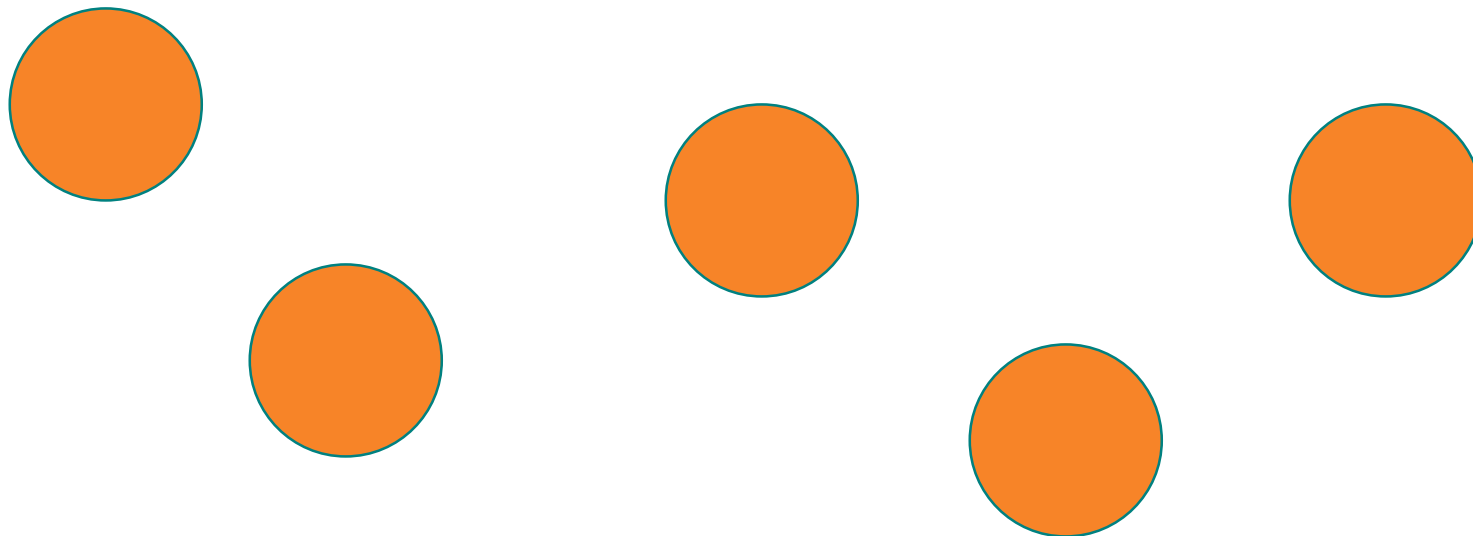- (Opposite of directing) the focus is on the client's priorities

Guiding:
- (Mid way btw directing and following)
- Focus, momentum, and direction are mutually developed

Directing:
- Provider determines the focus

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Agenda Mapping

How to do MI: youtube video
http://www.youtube.com/watch?v=klnHJ4coG8o

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Giving Information, Suggestions, what's worked for others …

Ask permission before you share suggestions, give information or want to share what has worked for other students etc.

Example "Do you still want information on the anxiety group we talked about at our last visit?" "On a scale of 0 to 10 how likely is it that you will attend?" or "What will you do?"

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Evocative Questions

➢ We ask questions that directly identify reasons for change

➢ We want to use questions that guide the conversation toward change talk
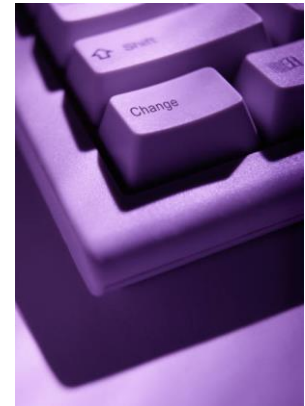
Ways to Elicit Change Talk: Evocative Questions

1. Elaboration

- Give me an example.
- How else does that affect your …
- How does this affect your …

2. Querying Extremes

- Best and worst scenarios
  - "Suppose you continue on as you have been without changing, what do you imagine are the worst things that could happen?"
  - "Imagine for a minute that you did succeed in ___. What might be some good things that could come out of that?"

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Ways to Elicit Change Talk: Evocative Questions

3. Looking Back

- What were things like before you…
- What were you like back then …

4. Look Forward

- If you were to have a week off from your problems what would you do first?
- Tell me how you would like things to turn out for you in five years or so

5. Exploring values and goals

- Tell me about what is important to you?
- What does each value mean?
- Inquire about how the client is living out their values?

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OARS

- Open-ended questions
- Affirmations
- Reflective listening
- Summarizing

Open-Ended Questions

Desires: What do you want, like, hope?

Abilities: What is possible? What can or could you do?

Reasons: Tell me why this change is so important to you? What would be some specific reasons you might want to…? What risks would you like to decrease?

Needs: How important is this change? Tell me more about the need to change?

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Affirmations

Seek every opportunity to affirm, appreciate, validate, reinforce, recognize and acknowledge:

Strengths and attributes

Successes

Hopes and Dreams

Current and past efforts to improve things

The humanity and character of the client

Examples of Affirmations

You really have some great ideas for how you might make this change.

You've taken a big step today, and clearly have a lot of determination to continue moving forward.

You showed a lot of strength in being able to set limits with your family member.

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Reflective Listening

Reflections have the effect of encouraging the other person to elaborate, amplify, confirm or correct

Voice inflection turns down at the end of each sentence

Reflective listening keeps the momentum moving forward and we use this momentum to elicit change talk and ultimately create change.

We try to use a ratio of 3 reflections for every question asked

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Reflective Listening

- ❑ Hmmmm…..
- ❑ You're wondering if…
- ❑ You're feeling...
- ❑ It seems to you that…
- ❑ It sounds like

Complex Reflections

Makes a guess to the unspoken meaning,

Metaphors : Example: "You feel like you are in a locked room, you know the key is somewhere in there with you, yet, right now you can't find it"

Reflection of Feeling**:** emphasizes the emotional dimension through a statement of feeling

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Double-Sided Reflection

Using reflective listening captures both sides of the ambivalence

Use "<u>and</u>" rather than "<u>but</u>"

"And" allows both concepts to be held simultaneously whereas "but" negates what was said

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Double sided reflections

"Its so easy and comfortable to sit on the couch and watch tv, especially the programs you really like(SUSTAIN TALK), AND at the same time you want to figure out how to be more active and work out"(CHANGE TALK)

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Questions …

We would like to acknowledge the contribution of CMHA Ottawa's MI Team (Russell Sheridan and others), for the inspiration and generous sharing of materials that allows us to bring the most up to date information and exercises to our MI training

Miller and Rollnick, *Motivational Interviewing: Third Edition*

David B. Rosengren, *Building Motivational Interviewing Skills*

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