

Martha Myers Pat Williams Rodney Robinson

MOTIVATIONAL INTERVIEWING LEVEL 1 TRAINING

# What is Motivational Interviewing?

- Evidence based method
- Developed by William Miller & Stephen Rollnick
- Olient centered method Carl Rogers
- Resolving Ambivalence and building Change Talk
- Non prescriptive, no EXPERT orientation
- Practice predicts mastery, not education level
- A collaborative, evocative conversation about change



### Spirit of Motivational

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

• Four Aspects :

Partnership, Acceptance, Compassion and Evocation

 Acceptance encompasses: Absolute worth, Accurate empathy, Affirmation and Autonomy



### 4 Processes of MI

- I. Engaging- developing relationship
- Output 2. Focusing- what change is top priority?
- ◎ 3. Evoking- drawing out motivation
  - Having clients voice the argument for change
- 4. Planning- action steps- S.M.A.R.T.



### Benefits of Basic

- Olients experience successful outcomes
- Increased engagement with service provider
- Increases client motivation and change talk
- Increase client confidence
- Reduces practitioners burnout- you are not responsible for "fixing" your client.



### Listening is the Key to

Accurate Empathetic listening Reflective listening – clarifies, amplifies the persons own experience

Purpose is to recognize Ambivalence



Resolving Ambivatence is KEY to making change



### Qualities of Good

Eye contact Empathy Patience Being attentive Body language





#### Remember your favorite



#### What makes a great teacher?



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## Motivational Interviewing **Open Ended Questions** Affirmations **Reflective listening** Summary's Permission for Advice/info.



### Lets Practice!!

If you are the Listener ask these questions:



Why would you want to make this change?

If you did decide to make this change, how might you go about it in order to succeed?

What are the 3 best reasons for you to do it?

How important would you say it is for you to make this change on a scale of 0-10 ( 0=LOW) Follow up: Why are you at ??? and not at zero?

So what do you think you will do?



### Let's Talk About That?

How was it being the Speaker?How was it being the Listener?



#### • Why did we do this exercise?



### Building MI skills

- Miller says "the difference between knowing MI and being/doing it- About 10 years"
- The only way to get better is by practicing.
- Feedback is the best way for evaluation
  - Coding
  - Practice some basic coding



### Lets watch an EXPERT

#### • Dr. Terry Moyers



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### **Reflective Listening**

Reflective listening is meant to close the loop in communication to ensure breakdowns don't occur

- So you feel.....
- It sounds like you.....
- You're wondering if.....



### Beware of talking in

- Simple reflections can bring about change on their own.
- "Complexify" your reflections
- Take a guess at what the deeper meaning is- clients will correct you if you are wrong.
- Rephrasing what clients say can help change perspective



### Those DARN CATS!!

Desire Ability Reason Needs



Commitment Activation Taking Steps

#### Your Goal: BUILDING CHANGE TALK



### Dr. William R. Miller

Interviewing a detached client





### Stages of Change

- OPRECONTEMPLATION
- Ontemplation
- Preparation
- Action
- Maintenance
- Relapse



### A Few Ways to Evoke Change Talk

• Use the CHANGE ruler Ask about EXTREMES Ask an EVOCATIVE question (remember those DARN CATS) ex...How important is it? How would you? What are your reasons? Why do you need to?





### Exercise Time





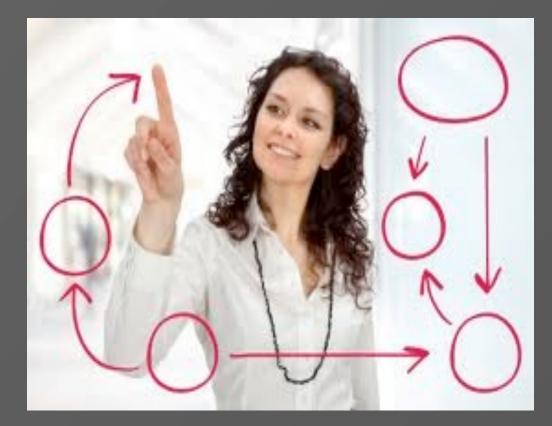
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### Live Demonstration

- Any Volunteers?
- Watch for:
  - M.I. Spirit
    - Partnership, Acceptance, Compassion, Evocation
  - 4 processes
    - Engaging, Focusing, Evoking, Planning
    - Use of O.A.R.S
    - D.A.R.N. C.s
    - Change talk



### Develop a Change Plan





### One more video

- Or.Damara Gutnick-
- Change Plans- Using S.M.A.R.T. method
  - Specific
  - Measurable
  - Achieveable
  - Relevant
  - Timed



### **Training Completed**

#### Questions





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#### www.imptrainers.com

Motivators1@gmail.com

Martha Myers Pat Williams Rodney Robinson

#### Phone: (253) 448-5838

### Laymans definition of M.I.

Ill is a collaborative conversation style for strengthening a persons own motivation and commitment to change.



### Practicioners definition of

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



### Technical definition of

O Motivational interviewing is a to the language of change. It is designed to strengthen personal motivation for and

