

Motivational Interviewing 102: You Know You Want More MI

MI Definitions (Miller & Rollnick 2013):


- A **collaborative** conversation style for strengthening a person’s **own motivation and commitment** to change
- A **client-centered, guided** method for **enhancing intrinsic motivation** to change by **identifying, exploring and resolving or managing ambivalence**.

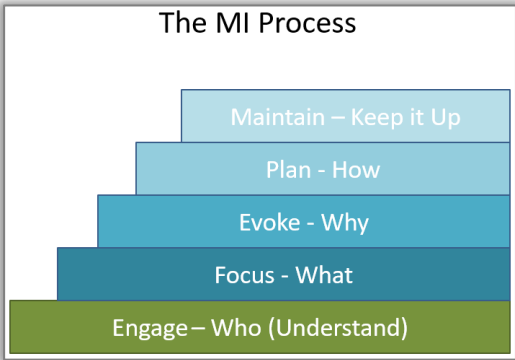
RELATED VIDEOS


- Lifting the Burden/Guiding: <https://www.youtube.com/watch?v=SsNgZ47o2I4>
- Righting (Fixing) Reflex: <https://www.youtube.com/watch?v=17qHqklweYM>

Participant Statement (*I know I should/not X because 1, 2 & 3; but Y & Z.*): _____

Change Target (Goal): _____

 <p>The Spirit of MI</p> <p>Compassion Acceptance Partnership Evocation/Empowerment</p> <p>RELATED VIDEOS</p> <ul style="list-style-type: none"> • Cleveland Clinic – Compassion: https://www.youtube.com/watch?v=cDDWvj_q-o8 • School Setting - Offer Empathy: https://youtu.be/fFqIzP4Yb64 	<p>Your Perspective & Participant’s Perspective</p> <p>COMPASSION (Understanding):</p> <ul style="list-style-type: none"> • Reflection <p>ACCEPTANCE (Opposite of Judgment):</p> <ul style="list-style-type: none"> • Affirmation <p>PARTNERSHIP (Collaboration):</p> <ul style="list-style-type: none"> • Summary • Ask Permission <p>EVOCATION/EMPOWERMENT (Autonomy):</p> <ul style="list-style-type: none"> • Open-ended Questions • MI Adherent Advice • Autonomy Statement - <i>Whatever you decide to do is up to you. I will support you the best that I can.</i>
<p>SUSTAIN TALK (Why Nots)</p> <p>Reasons to stay the same/not do anything different or Problems with change</p>	

<p>CHANGE TALK (Whys) Reasons to change, Problems with staying the same or Values/Beliefs/Ways of Life</p> <p>Preparatory Change Talk Desire (want) Ability (can) Reasons (benefits) Needs (must)</p> <p>Mobilizing Change Talk Commitment (will) Activation (movement) Taking Steps (actions)</p>	
<p style="text-align: center;">The BEST Response <i>Leans toward</i> UNDERSTANDING, COMPASSION, VALUES, BENEFITS, GOAL/CHANGE</p> <p>MI VIDEOS (School Setting)</p> <ul style="list-style-type: none"> Ineffective: https://www.youtube.com/watch?v=Ocp_1PtZupg&t=456s MI Adherent: https://www.youtube.com/watch?v= TwVa4utpII&t=658s 	
<p>Intentions/Tasks: Know What You Are Doing, Why</p> <div data-bbox="154 987 665 1344" style="border: 1px solid gray; padding: 10px; margin: 10px auto; width: fit-content;"> <p style="text-align: center;">The MI Process</p>  </div> <p>Handout: MI Process Related Video: https://www.youtube.com/watch?v=-4EDhdAHRog</p>	<p>Engage (Who/Understand)</p> <p>Focus (What)</p> <p>Evoke (Why)</p> <p>Plan (How)</p> <p>Maintain (Keep it Up)</p> <p>*See Open-Ended Questions for examples</p>
<p style="text-align: center;">Summary</p> <p>Reason to stay the same/Problem with change/Obstacle/Negativity (Sustain Talk) + Reason to change/Problem with staying the same/Value/Desire/Reason/Need (Change Talk) + (A) TRANSITION: Ask, Question or Statement to Focus on Next (Focus) (B) CHECK-IN or (C) CLOSING: Affirm/Coach/Cheer</p>	

<p>Modified from Rosengren (2009), pp 407-409</p> <p>Related Video – Korg in Thor Ragnarök: https://www.dropbox.com/s/xl3ixnuwtx4izxw/Thor_complex%20reflection%20edit.mp4?dl=0</p>	
<p style="text-align: center;">Reflections</p> <p>(Hypothesize from ? to Statement, <i>You mean ...</i>)</p> <ol style="list-style-type: none"> 1. Simple (quote or paraphrase) 2. Affect (emotion, feeling) 3. Meaning/Continue the Paragraph 4. Metaphor 5. Double-sided: Sustain Talk, Change Talk 	
<div style="display: flex; align-items: center;">  <div> <p style="text-align: center;">Soften Sustain Talk</p> <ul style="list-style-type: none"> • Reflect (Come Alongside) • Acknowledge & move on (don't seek elaboration) • Link something said now contrasted by or compared to something said before. • State or evoke benefits of change • Emphasize autonomy (w/ benefits) • Respond with Double-sided reflection • Use qualifiers <ul style="list-style-type: none"> – “Right now...” – “You’re uncertain...” – “It seems like...” </div> </div>	
<p style="text-align: center;">Respond to Discord/Resistance</p> <ul style="list-style-type: none"> • Apologize – <i>I’m sorry I was pushing too hard.</i> • Agree – <i>You’re absolutely right, it is more complicated than I implied.</i> • Contrast – <i>I’m not interested in labeling the problem; I am interested in how I can help.</i> • Enlarge the Frame – <i>I think we both want ...</i> • Concern with Double-Sided Reflection &/or MI Adherent Advice toward Change <ul style="list-style-type: none"> – <i>I understand sustain, change. My concern is _____.</i> – <i>Based on (<u>what you’ve said, the facts, how the system works, etc.</u>), it seems</i> 	

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<p><i>best for you/us to (<u>goal, hope, change target, next step, suggestion</u>).</i></p>	
<p>Ask Permission (Ask-Tell-Ask) (w/ or w/o Summary Transition) to bridge or move along</p>	<p>Summary Transition <i>I understand _____ & _____. Right now, we need to... OR...</i></p> <p>Ask Permission <i>Would it be OK if we...</i></p> <p><i>Please tell me what you know/remember/think about...</i></p> <p><i>Could I please tell you about...</i></p> <p>DATA Data (Ask what someone knows) Ask (Permission) Tell (short/sweet) Ask (Relevance)</p>
<p>Open-Ended Questions</p> <p>Handout: Strategies for Engaging & Evoking Change Talk Related Video – Know Your Why: https://www.youtube.com/watch?v=LZe5y2D60YU</p>	<p>Engage (Who/Understand): <i>What should I know? How has this been affecting you?</i></p> <p>Focus (What): <i>How can I help? What should we talk about or work on?</i></p> <p>Evoke (Why): <i>What’s the hardest part about this? What are the benefits in making things better?</i></p> <p>Plan (How): <i>How are you going to deal with that? Where should we go from here?</i></p>
<p>Affirmations</p> <p>Efforts, Strengths, Validation, Normalization, etc.</p> <p>Self Disclosure: Most/Many, Me, How About You?</p> <p>Handout: Affirmations or Characteristics of Successful Changers</p>	

<p>MI Adherent Advice & Autonomy toward Change</p> <p>Advice: <i>Based on (what you've said, the facts, how the system works, etc.), it seems best for you/us to (goal, hope, change target, next step, suggestion).</i></p> <p>Autonomy: <i>Whatever you decide to do is up to you. I will support you the best that I can.</i></p>	
<p style="text-align: center;">Planning</p> <ol style="list-style-type: none"> 1. Summarize: Sustain Talk, Change Talk & Ask Permission 2. <i>If you decided to make this change, what might you do?</i> 3. <i>What are the 3 best reasons to do that?</i> 4. <i>How important is it to make this change (0 not at all to 10 extremely)? Commitment? Confidence?</i> 5. Summarize: Change Talk, Reasons & Importance 6. <i>What might you do?</i> 7. <i>When could you check your plan 1, 2 or 3x daily?</i> 8. Summarize: Change Talk, Plan & Affirmation 	
<p>Notes</p>	

REFERENCES & RESOURCES

- Miller, W.R. & Rollnick, S. (2013). *Motivational Interviewing, Third Edition: Helping People Change*. Guilford Press: New York.
- Rosengren, D. B. (2009). *Applications of motivational interviewing. Building motivational interviewing skills: A practitioner workbook*. New York, NY, US: Guilford Press.