

Motivational Interviewing

A guide for getting the best results in a brief and mandated setting

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What is motivational interviewing?

“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**.”

(Miller & Rollnick, 2013)

Yes, but will it work in juvenile court?

- Are there questions about change happening?
- Will outcomes to clients be influenced by extent to which they make change in lives or behavior?
- Are clients reluctant or ambivalent about making changes?
- Is adherence and retention to services a concern?
- Do staff struggle with clients that are “unmotivated”, “resistant”, or “difficult”?
- *Did you say yes to one or more of these questions?*

Consider this..

- Motivational interviewing is:
 - An evidence based practice.
 - Effective in environments where time restrictions exist.
 - Specifically effective with reactive populations.
 - A collaborative partnership with clients.
- It is not..
 - A counseling method.
 - Necessary to train for years to utilize skills and see results.
 - Touchy feely..

Three R's

- Relationship
- Resistance
- Response

Relationship

- Open ended questions
- Curiosity
- Regard
- Trust

Make one of these questions more open..

- Don't you want to have your children returned to you?
- Do you love your kids?
- Why aren't you going to school? Do you even care?
- Did you get evicted because you did not pay your rent?
- Do you have a boyfriend?
- Do you like your placement?
- Why do you keep using alcohol?

Video: What not to do

- Take notes here about how the client responds to the “helper”

Resistance

- Think of a time that you were “required” to make a change.
 - What helped you feel motivated toward that change?
 - Where there any “helpers” who actually pushed you farther from your change?

- This is called the ***righting reflex***

When we see someone struggling or headed down the “wrong” path and want to “fix-it.”

This often triggers our clients into a position where they defend their reasons to stay the same.

Resistance

- Discord - *Ambivalence + disruption in relationship*
- Normalize resistance
- Avoid advice giving

“Advice is what we ask for when we already know the answer and wish we didn’t”

Disarm Skills

Affirm

Apologize

Shift Focus

Active Listening

Emphasize Choice and Control

Video

- Take notes here, notice how did this approach change the interaction?

Sustain and change talk

- Desire- I really enjoy drinking
- Ability- I don't think I can give it up
- Reason- Drinking is how I have fun
- Need- I don't think I need to quit
- Commitment- I intend to keep on drinking
- Activation- and nobody can stop me, I'm not ready to quit
- Taking Steps- I went back to the bar this week

Response

Recognize change talk

- Evoke
- Summary
- Reflection
- Praise Vs. Affirmation

Evoke Skills

- Importance Ruler
- Query Extremes
- Looking Forward/Looking Back
- Exploring Goals and Values

- Use one of these with a partner to increase their talk about the change they described earlier.

Remember, motivational interviewing is..

- A communication style that promotes collaboration with a client towards positive change and improved outcomes.
- A technique that embodies the elements of partnership, acceptance, compassion, and evocation of the clients own goals.
- Particularly beneficial in settings outcome success is based on ability to make lasting change and clients are ambivalent or resistant to change.
- Time sensitive and aligns with trauma informed practices.
- Skills you can use in every interaction with every client.

Continued Learning

- Motivational Interviewing 3rd Ed. By Miller & Rollnick
- Motivational Interviewing in Social Work Practice By Melinda Hohman
- Motivational Interviewing Network of Trainers (MINT)
Motivationalinterviewing.org
- Motivational Interviewing Training Series with Denise Ernst,
Webpage: Deniseernst.com