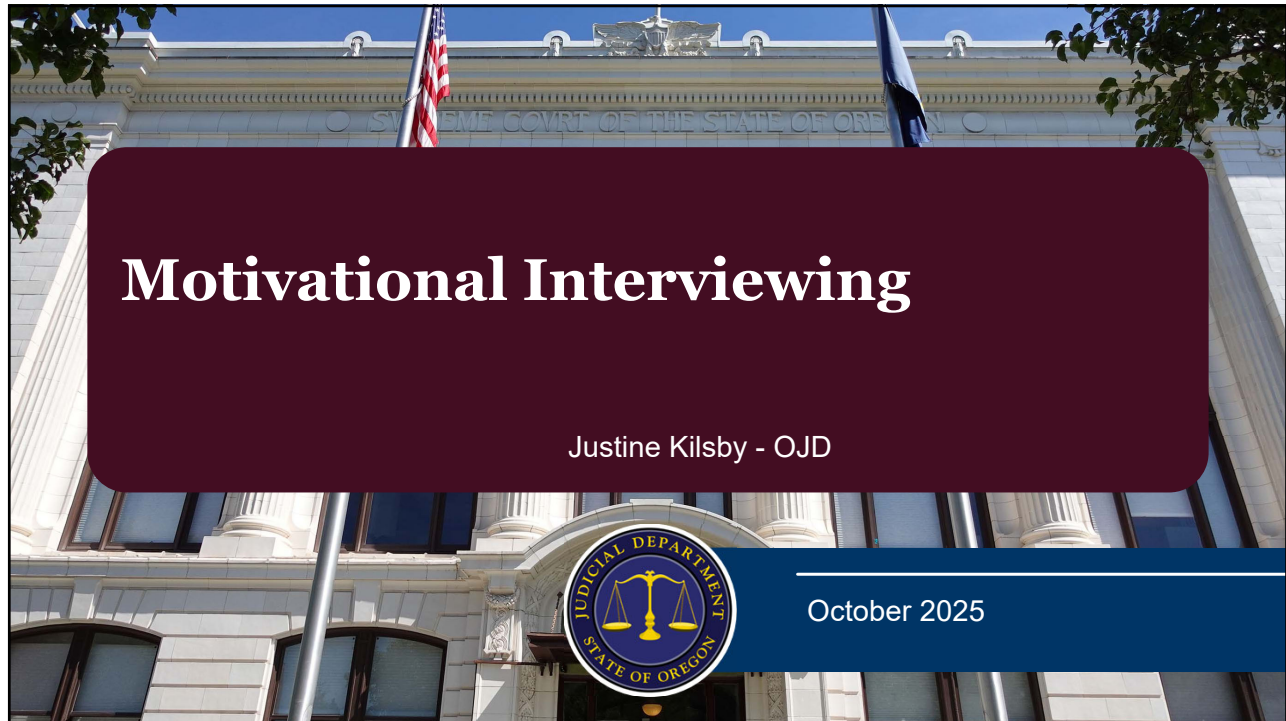




1



## DR. BRAD LUNDHAL

- Practicing Clinical Psychologist
- Professor at University of Utah: School of Social Work
- MI Content Expert
  - Researcher
  - eSympro.com
  - MINT Trainer
- Video clips from Michigan CIP Project

[Resiliency Court Training](https://www.courts.michigan.gov/administration/offices/child-welfare-services/cws-training-and-development/resiliency-court-training/) – Sessions 5 - 8  
<https://www.courts.michigan.gov/administration/offices/child-welfare-services/cws-training-and-development/resiliency-court-training/>

2

2

## MI: An In-Depth Practice

- MI is based in clinical practice and is a model that requires considerable training
  - People do degrees in MI!
- Goal today is NOT to be an expert in MI
- Goals Today:
  - Overview of specific ways MI can help you move the change process a little bit in each client engagement
  - Gain information most efficiently and effectively
  - Get active practice in MI tools.
- Work towards small steps in improving engagement, collaboration, and understanding of change process.

3

3

## MI: An In-Depth Practice

“MI is a collaborative, goal-oriented style of communication with particular attention to the language of change.

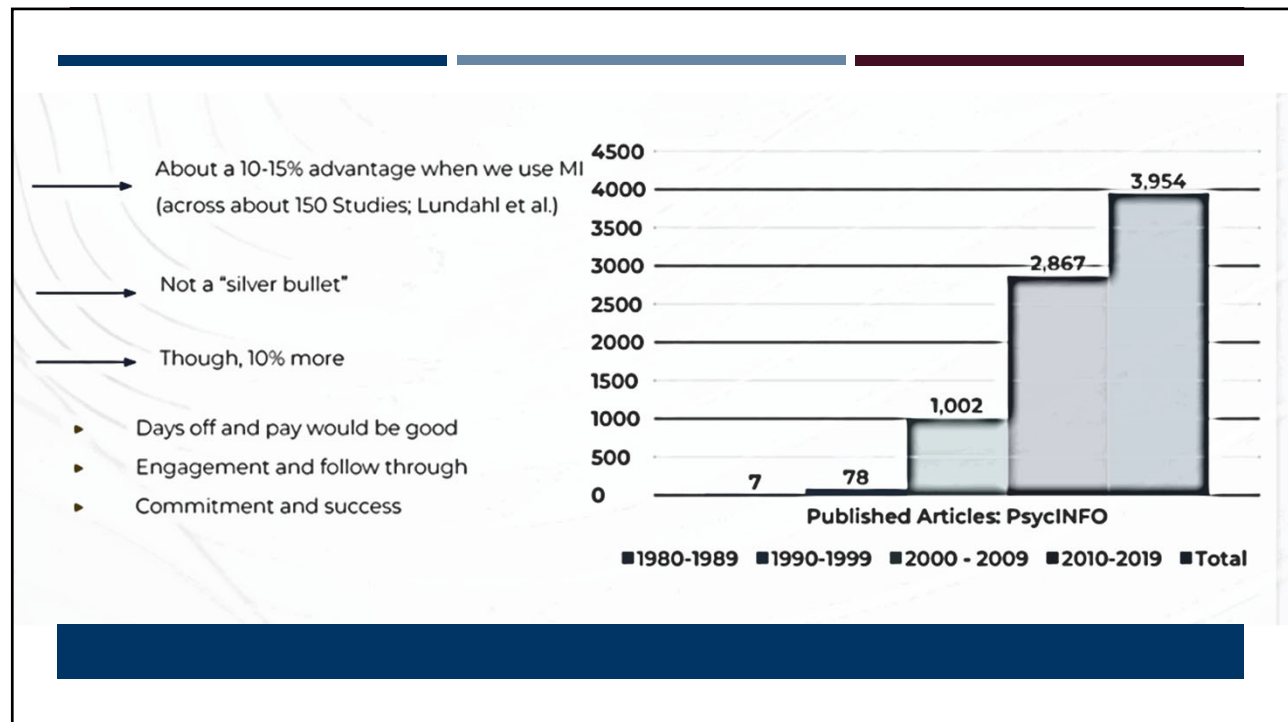
It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person’s own reasons for change within an atmosphere of acceptance and compassion.”

- (Miller & Rollnick, 2013, p. 29)

- Best evidence is that effectiveness of MI is primarily is technique based as opposed to relationship based!
- Studied in multiple languages for 40+ years

4

4



5

## LIFT AND DRAG

### DRAG

- Low Confidence
- Different Values
- Distrust of You / System
- Resource Poverty
- Discrimination
- Abuse

### LIFT

- Vision
- Knowledge
- Skill
- Motivation
- Confidence
- Commitment
- Plan
- Resources:
- Access
- Time

6

## Content Overview:

- Video with Dr. Lundthal describing Lift/Drag factors – including systemic oppression, systemic advantages, and poverty/trauma
  - Added the MI context and joining the journey
  - Includes a discussion of how this framework applies to courts.
- Gives three places where attorneys and judges can think about the Lift/Drag framework to increase engagement:
  - Already hitting the high importance benchmark – families generally perceive dependency court as being very important to them
  - Power dynamic – do you have the power to influence the outcome?
  - What side is the team on – unpacking not being perceived as against a parent and that the initial plan is reunification.

7

7

## Hallmark of MI: Rolling with Resistance



- How to tell someone ‘you have your facts wrong’?
- Control/change your own intuitive conversational patterns
- Avoid and reduce drag
- Emphasize and promote lift

8

8

## Activity Overview:

- Watch video describing Red Talk Green Talk – an MI technique of identifying talk that aligns with the desired change and responding to that and not to statements against the desired change.
- Video goes over the technique application process and provides an example of we bombs. Facilitator has audience provide a statement and responds using the technique.
- Practice scenario on following two slides.
- Audience groups into 3 people – one person reading a scenario from page 1, one person responding using the technique, and one person providing feedback.
- At close of activity provide feedback together on successes/areas to work on regarding the technique.

9

9

## Try One:

I want to learn to manage my anger because it is what I have to do to have my kids back. And know that I will go to the classes if that's what I have to do. I'm just so busy, I don't know how I can get all of that done - plus some of those classes are kind of silly and basic - plus I hate when they judge me. But maybe if I have a good person to talk to.

10

10

## Try One:

I want to learn to manage my anger because it is what I have to do to have my kids back. And know that I will go to the classes if that's what I have to do. I'm just so busy, I don't know how I can get all of that done - plus some of those classes are kind of silly and basic - plus I hate when they judge me. But maybe if I have a good person to talk to I can stick with it.

11

11

## Content Overview:

- Video describing We Bombs – an MI technique of reframing language to avoid 'you' statements and increase 'we' or partnering statements
- Video goes over the thought process and provides an example of we bombs. Facilitator has audience provide a statement and responds using the technique.
- Audience groups back up into 3s and uses the Page 1 Scenarios to respond to with We Bombs and if they wish Red Talk/Green Talk as well.
- At close of activity provide feedback together on successes/areas to work on regarding the technique.

12

12

## Content and Activity Overview:

- After practicing We Bombs, facilitator hands out Page 2 scenarios.
- Activity – one member of the group of three picks a scenario and acts as the person described. They have a conversation about an upcoming jurisdictional hearing. 2<sup>nd</sup> member acts as their role in that discussion. 3<sup>rd</sup> member takes notes and provides feedback.
- All rotate so do each role at least once, time permitting.
- At close of activity provide feedback together on successes/areas to work on regarding the technique.

13

13

## FOUR TAKEAWAYS

|          |                                                                                     |
|----------|-------------------------------------------------------------------------------------|
| Talk     | Talk less than your client does – and when you can't communicate why!               |
| Respond  | Respond to green talk, ignore red talk                                              |
| Utilize  | Utilize as many We Bombs / collaborative phrases as appropriately possible          |
| Practice | Where are a few places where these techniques could fit into your current practice? |

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