

Introduction to Motivational Interviewing



A Brief Overview of MI

WHAT IS MI?

A collaborative conversation style for strengthening a person's own motivation and commitment to change

WHY MI?

- Empirically supported
- Helps resolve ambivalence around change
- Increase likelihood of change
- Supports client-centered conversations

MI RESEARCH & PRACTICE AREAS

- Alcohol/Substance Use Disorders/Addictive Behaviors
- Mental Illness/Chronic Pain
- Eating Disorders/Obesity
- Cancer/Health and Health Behaviors (smoking, physical activity, weight loss, cardiovascular, IBS)
- Dentistry/OBGYN
- Education/Criminal Justice
- Public Health/Infection Control/Medication Adherence

Some Key Concepts

Empathy . Change Talk . Reflective Listening . Client-centered . Change

MI SPIRIT: PACE



PARTNERSHIP

Functioning as a partner or companion, collaborating with the client's own expertise.



ACCEPTANCE

Communicating absolute worth, accurate empathy, affirmation, and autonomy support.



COMPASSION

Acting benevolently to promote the client's welfare, giving priority to the client's needs.



EVOCATION

Eliciting the client's own perspectives and motivation.

MI MICROSILLS: OARS + I



OPEN-ENDED QUESTIONS

Question that offers the client broad latitude and choice in how to respond.

"What are the benefits of changing?"

"What are the negatives of staying the same?"



AFFIRMATIONS

Accentuating the positive, seeking and acknowledging a person's strengths and efforts.

"You are very aware of your ability to_____."



REFLECTIONS

A statement intended to mirror meaning (explicit or implicit) of preceding client speech.

"It sounds like_____."

"On one hand_____, and on the other hand_____."



SUMMARIES

A reflection that draws together content from two or more prior client statements.

"I'd like to make sure I've captured everything so far...."



INFORMATION EXCHANGE

Providing information in a MI consistent way

Would it be OK if share some information with you about _____?

<Provide information in small manageable amounts>

What do you think of that?

NOTES:

References:

Miller, W. R., & Rollnick, S. (2013). *Applications of motivational interviewing. Motivational interviewing: Helping people change (3rd edition)*. New York, NY, US: Guilford Press.



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