

Motivational Interviewing in a Nutshell Part 1

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MII

Objectives

In this presentation, participants will:

Part 1 – September 7, 2016

To introduce participants to the basics concepts of motivational interviewing.

Part 2 – September 14, 2016

To introduce participants to MI-consistent micro-tools often used in working with patients.

Motivational Interviewing: Definition

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

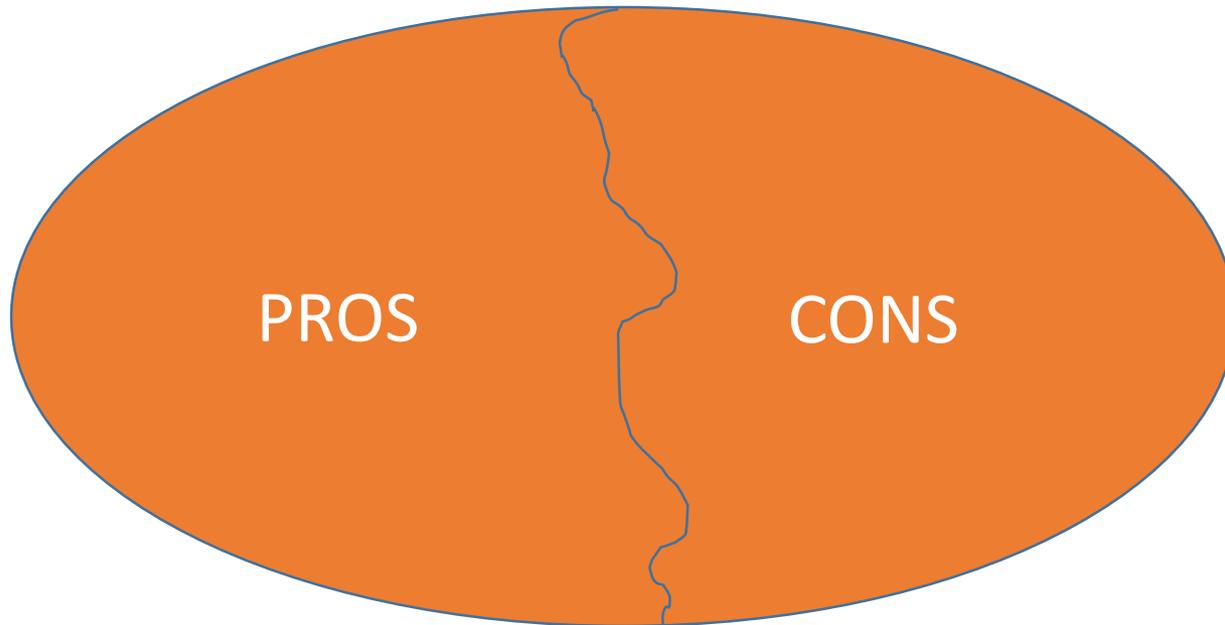
Miller, W.R. & Rollnik, S. (2013).

Motivational Interviewing: Helping People Change.



What is unique about MI is that
it is about what the provider
does....
not what the patient does.

Ambivalence



MI: Acknowledgement of the line is important

To facilitate an exploration of the line tends to result in resolution

MI is geared to the language of change



Facilitation of the Discussion

Skills and
Techniques

Processes

Resisting the Righting Reflex

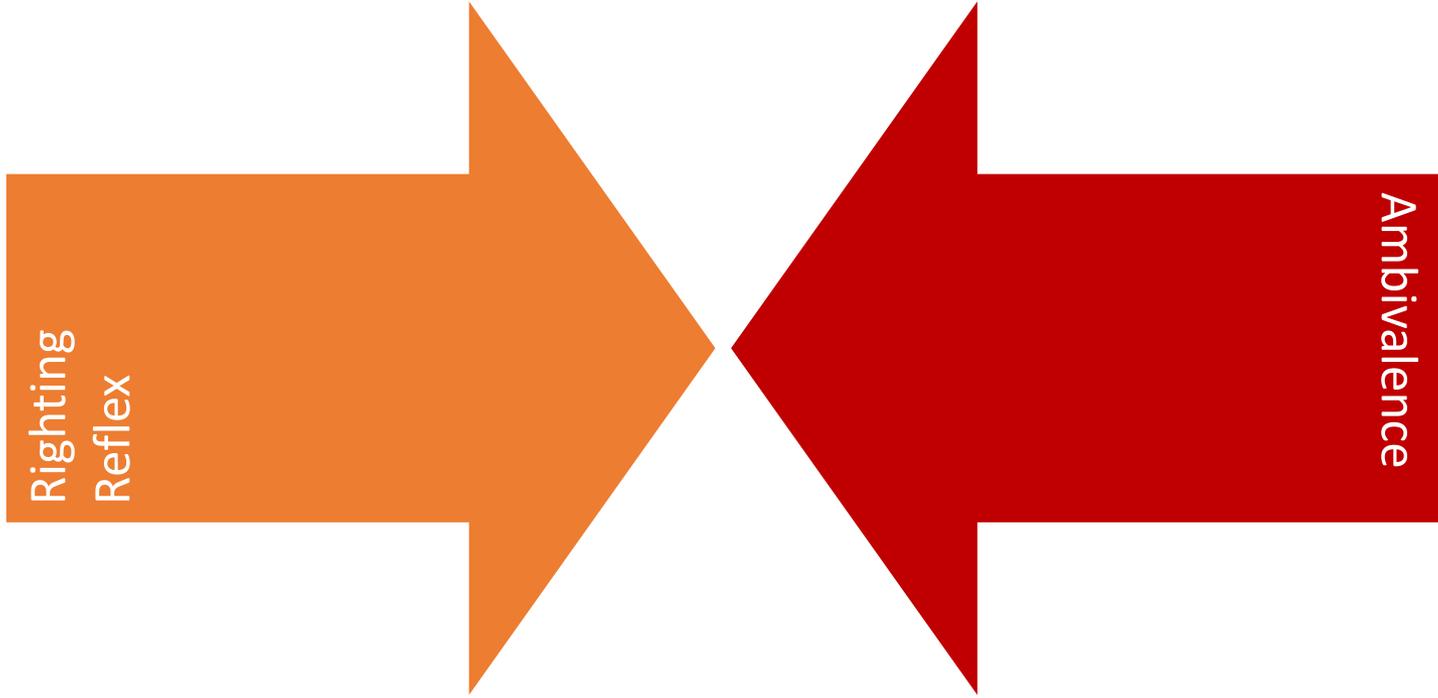
Spirit

MI Spirit

Partnership
Acceptance
Compassion
Evocation



When Worlds Collide



Planning – Bridge to Change

Evoking – Transition to MI

Focusing – Strategic Centering

Engaging – Relational Foundation



5 basic issues that support engagement

- Be welcoming.
- Why is the person coming to see you? What does he or she want? Ask & listen.
- What is your sense of the patient's goal?
- How does the person think that you might be able to help? Provide the patient with some sense of what to expect.
- Offer hope. Explain what you can do and how it may help. Present a positive and honest picture of changes that others have made & the efficacy of services that you can offer.

Foundational Skills: OARS

- Open-ended questions
- Affirmation
- Reflection
- Summary



A sunset over the ocean with silhouetted plants in the foreground. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water. The sky transitions from a deep orange near the horizon to a pale blue at the top. In the foreground, several thin, dark branches with small, delicate flowers are silhouetted against the bright light of the sunset.

Thank You

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