

Motivational Interviewing in a Nutshell Part 2

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MII

Objectives

In this presentation, participants will:

Be welcoming.

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.

MI Spirit

Partnership
Acceptance
Compassion
Evocation



Core Skills

OARS

- Open-ended questions
- Affirmation
- Reflection
- Summary





Two sides of the same coin



change talk



sustain talk

Recognizing Change Talk

Desire

Ability

Reasons

Need

Commitment

Activating

Taking steps



Micro-Tools

Evoking Change Talk

Exchanging Information

Evoking Change talk: Rulers

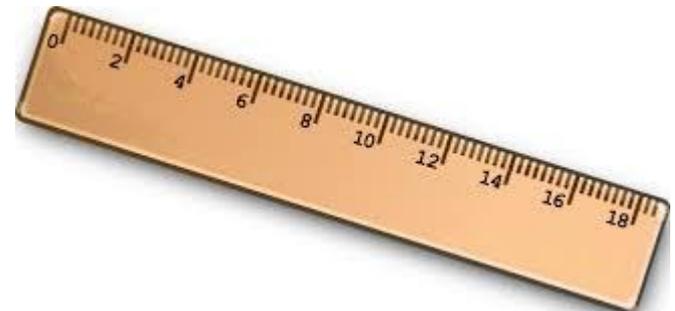
- “On a scale of 0-10, how important is it to you to exercise?”

0--1--2--3--4--5--6--7--8--9--10

Not at all
important

- “Why is it [x] and not 0 [a lower number]?”
- Reflect/Elaborate

Extremely
important



Adapted Rulers

It is not important to make a change	You are unsure about making a change	It is important to make changes	It is extremely important to make changes
You haven't prepared the ground for planting	A seed is in the soil but hasn't been watered	Your plant just broke through the soil	Your plant is ready to be harvested

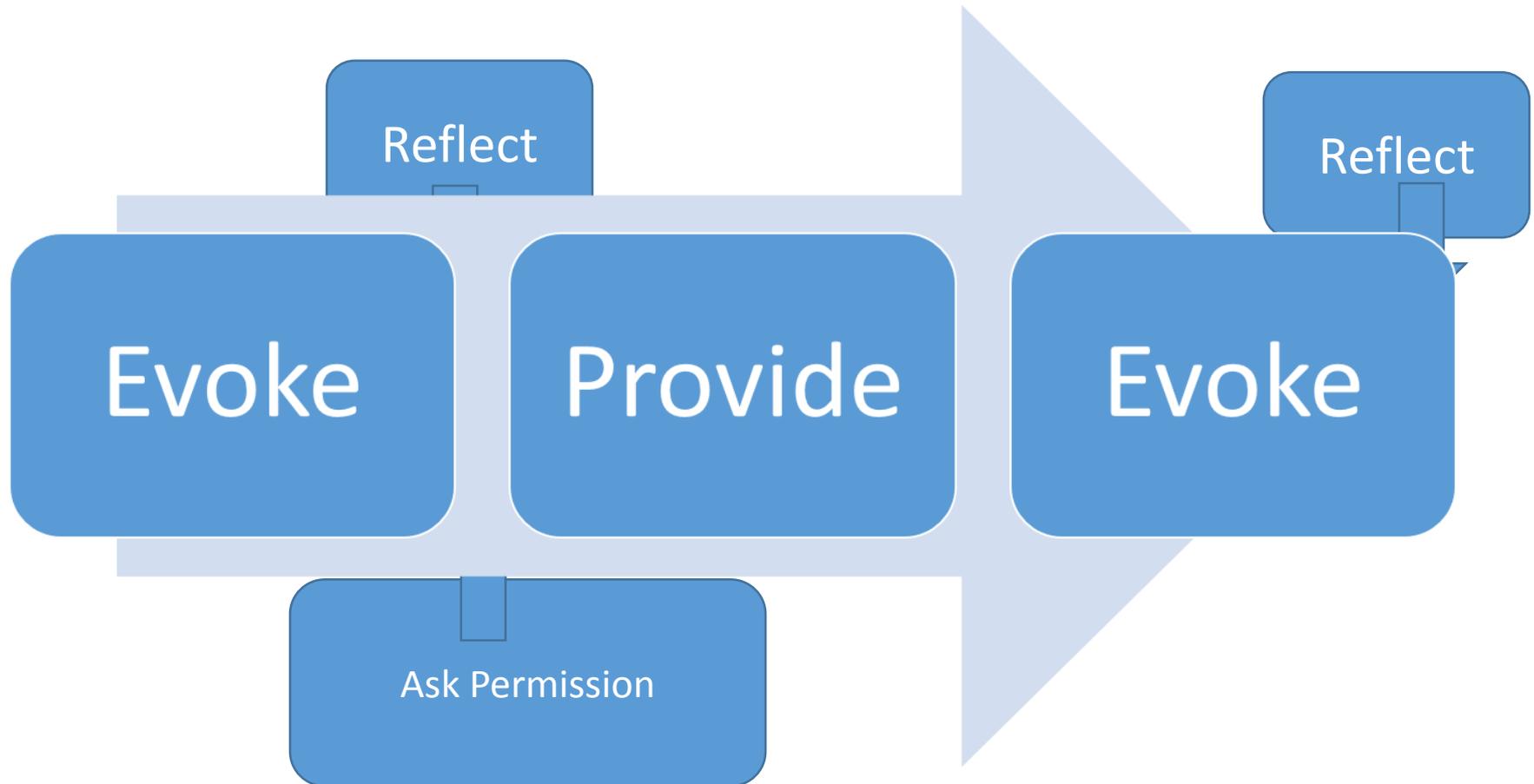


[pointing] “Why is it here and not earlier in the sequence?”

Reflect/Elaborate

Thanks to Kamilla Venner, PhD for this ruler adaptation

Exchanging Information



Learning More About MI

- Miller, W. R., & Rollnick, S. Motivational interviewing: Helping people change (3rd ed.) (2013). New York: Guilford Press.
- Rollnick, S., Miller, W. R., & Butler, C. C. Motivational interviewing in health care (2008). Guilford Press.
- Rosengren, D. B. Building Motivational Interviewing Skills: A Practitioner Workbook (2009). New York: Guilford Press.
- www.motivationalinterviewing.org



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