

# Motivational Interviewing: A Taste of the Fundamentals part 2

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# objectives



Part 1 – March 31, 2014

☞ To introduce participants to the basics concepts of motivational interviewing.

Part 2 – April 7, 2014

☞ 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





change talk



sustain talk

Two sides of the same coin

# Recognizing Change Talk



**D**esire

**A**bility

**R**easons

**N**eed

**C**ommitment

**A**ctivating

**T**aking steps





## Video Review

# 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?”

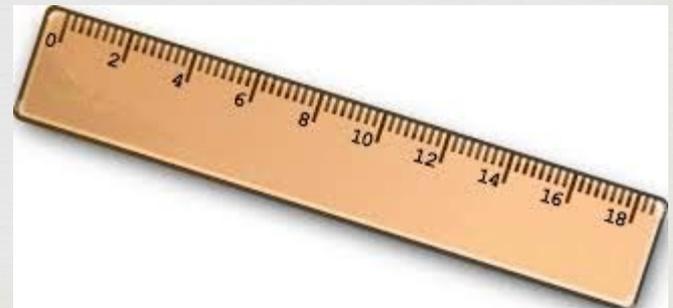
0--1--2--3--4--5--6--7--8--9--10

Not at all  
important

Extremely  
important

☞ “Why is it [x] and not 0 [a lower number]?”

☞ Reflect/Elaborate



# 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

# Quiz



Rulers

# Exchanging Information



*Unsolicited advice is the junk mail of life.*

-Bern Williams

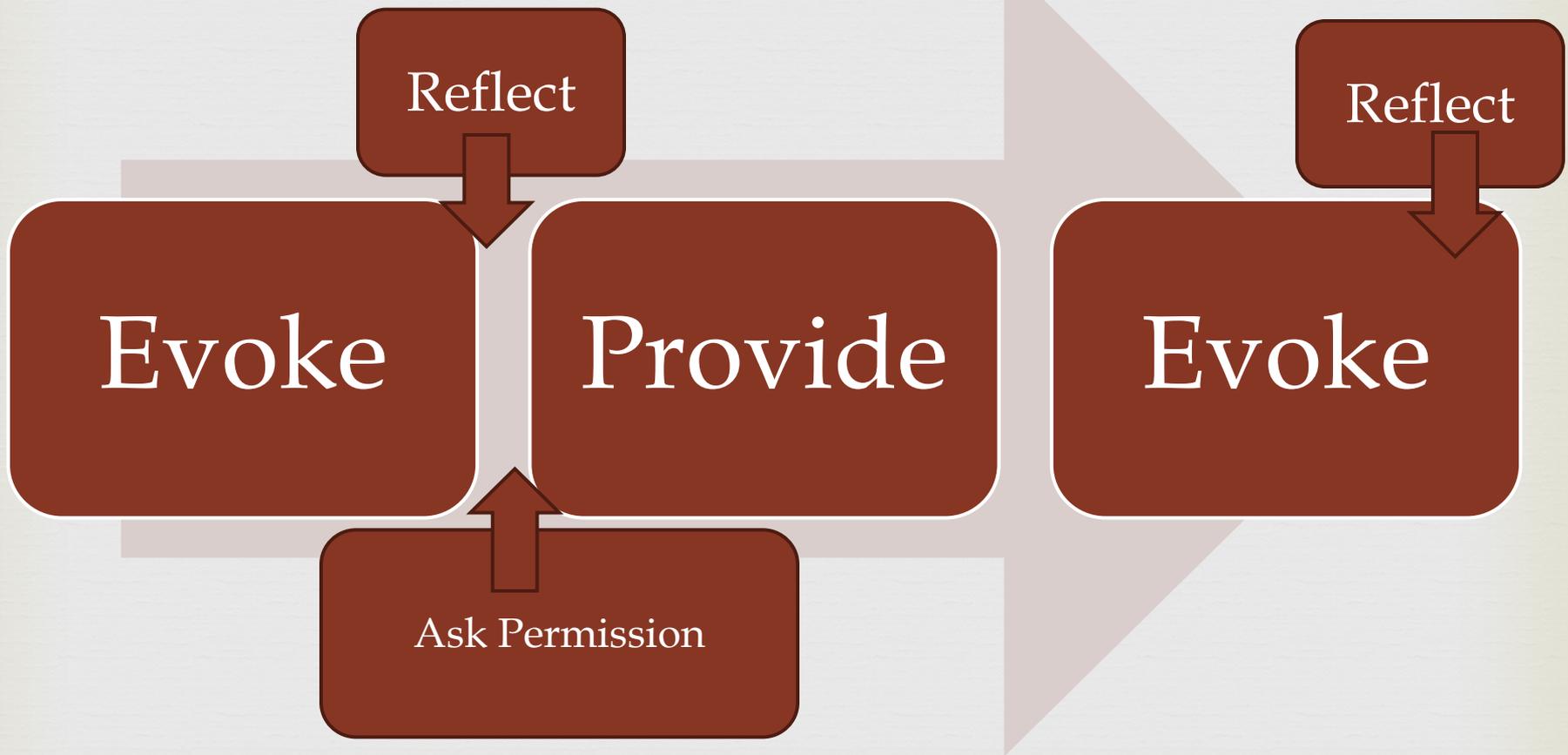
*Advice is what we ask for when we already know the answer but wish we didn't.*

-Erica Jong

*The purpose is not to deliver the advice, but rather to foster change.*

-Miller & Rollnick

# A Simple Strategy



# Example

☞C: “What do you know about reducing alcohol?” (Evoke understanding)

☞P: “I know it would be good if I could.”

☞C: “Yeah, I bet. And my guess is that you’ve tried some things already.”

☞P: “...like telling myself to just cut back.”

☞C: “And that didn’t work so well.”

☞P: “Nope.”

P = Patient

C = Clinician

# Example (cont.)

- ☞ C: “I wonder if you would be interested in some ideas that other veterans have found helpful?” (Ask permission)
- ☞ P: “That’s why I am here.”
- ☞ C: “One approach is a structured, outpatient program like we have here at the VA. It provides a venue for exploring ways of cutting down, even stopping if that is what people decide, in a group setting that permits support and sharing of ideas. (Provide) What do you think of that?” (Evoke understanding)

# Quiz

(slide 16)



E-P-E



## Video Review

# Learning More About MI



- ☞ Miller, W. R., & Rollnick, S. *Motivational interviewing: Helping people change* (3<sup>rd</sup> 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](http://www.motivationalinterviewing.org)

Thank  
you



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