

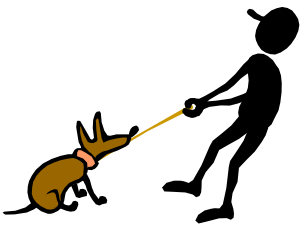
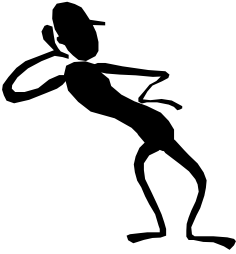
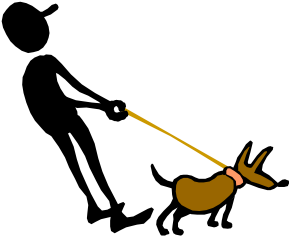
MI for Community Support Teams: What can using MI as a style of communication do for your staff and the people they work with?



Learning objectives:

- Describe Motivational interviewing; Purpose, benefits and limitations
- Summarize each of the 4 processes in Motivational interviewing
- Know what it takes to learn MI
- Estimate the value of MI trained staff in CST

COMMUNICATION STYLES

Directing	Guiding	Following
		
<p>Administer Authorize Command Conduct Decide Determine Govern Lead Manage Order Prescribe Preside Rule Steer Run Take charge Take command Tell</p>	<p>Accompany Arouse Assist Awaken Collaborate Elicit Encourage Enlighten Inspire Kindle Lay before Look after Motivate Offer Point Show Support Take along</p>	<p>Allow Attend Be responsive Be with Comprehend Go along with Grasp Have faith in Listen Observe Permit Shadow Stay with Stick to Take in Take interest in Understand Value</p>

The Righting Reflex: The desire to fix what seems wrong with people and to set them promptly on a better course, relying in particular on directing.



**MOTIVATIONAL INTERVIEWING:
AMBIVALENCE**

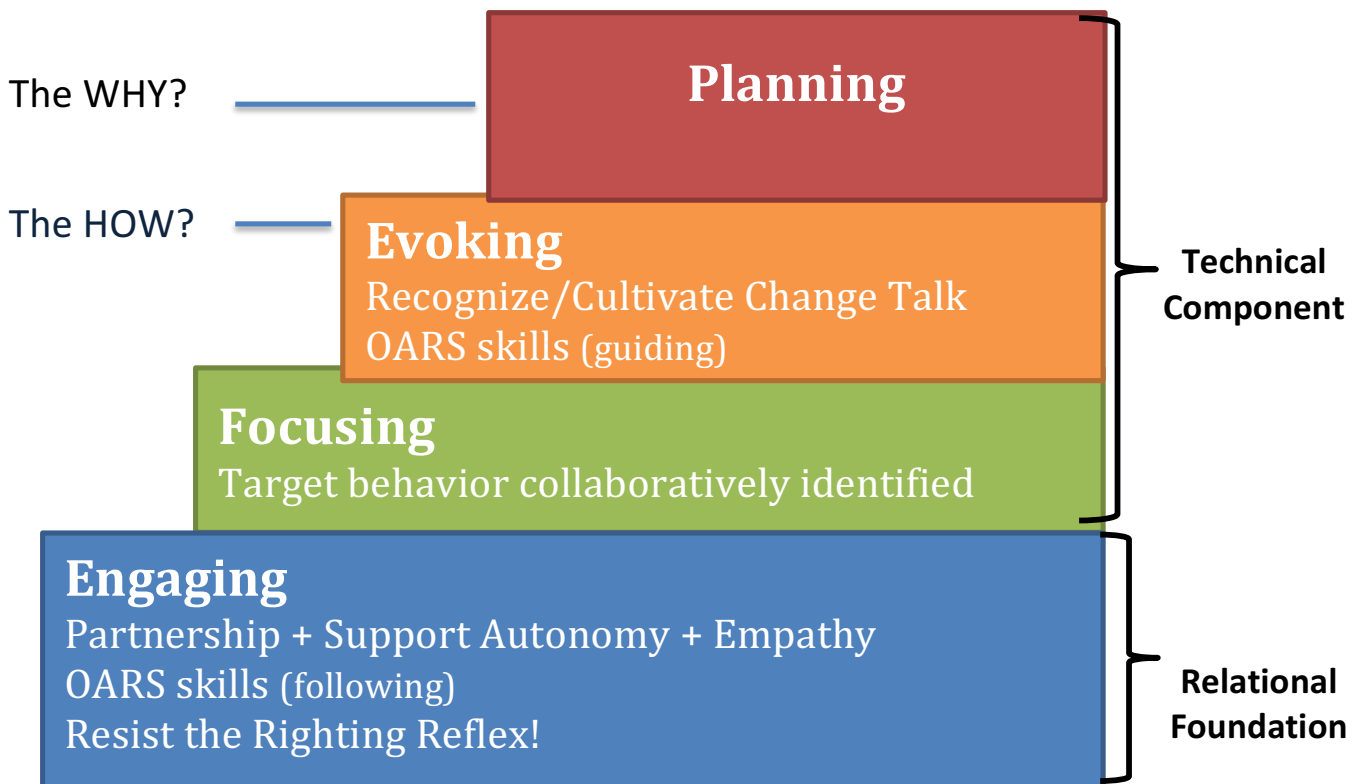


CHANGE	
Benefits	Concerns
NO CHANGE	
Benefits	Concerns

MOTIVATIONAL INTERVIEWING: DEFINITION

DEFINITION: Motivational interviewing is a collaborative conversation style for strengthening a person's own motivation and commitment to change.

FOUR PROCESSES:



ELEMENTS OF PRACTICE:

- SPIRIT: Partnership, support autonomy, seek collaboration, empathy
- OARS skills (Open questions, affirmations, reflections, summaries)

MOTIVATIONAL INTERVIEWING: EVIDENCE BASE

- First established in 1983, there are now over 1,500 publications, including 250+ randomized clinical trials and 20+ meta-analyses.
- MI promotes positive behavior change across a range of populations, settings, and problems. Lundahl et al. (2010) meta-analysis of 119 MI studies concluded: “a full 75% of participants gained some improvement from MI, with 50% gaining a small but meaningful effect and 25% gaining a moderate or strong level.”
- MI promotes engagement and retention in services. Hettema et al. (2005) meta-analysis of 72 MI studies concluded: “robust and enduring effects when MI is added at the beginning of treatment.”
- MI research also shows high levels of Person satisfaction, it is a culturally relevant practice, and it is synergistic when integrated with other EBPs.
- Bottom line: We know some things about MI: 1) we know it works (**outcome** research); 2) we increasingly know how it works (**process** research; Miller & Rose, 2009); and 3) we increasingly know how people learn it (**training** research; Miller et al., 2004 and Schwalbe et al., 2014).
- References:
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 - Lundahl, B. W., Kunz, C., Brownell, C., Tollefson, D., & Burke, B. (2010). A meta-analysis of motivational interviewing: Twenty-five years of empirical studies. *Research on Social Work Practice, 20*(2), 137-160.
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 - Schwalbe, C. S., Oh, H. Y., & Zweben, A. (2014). Sustaining motivational interviewing: A meta-analysis of training studies. *Addiction, 109*(8), 1287-1294.

MI Spirit/Relational foundation: Partnership

Partnership in MI...

- is not something that is done “to” or “on” someone.
- is done “for” and “with” a person.
- is an active collaboration between experts.
- means the helper typically does no more than half of the talking.

Seeking Collaboration

Explicitly share power or acknowledge the expertise of the client.

Examples:

- I have some information about how to get your child to sleep better and I wonder if I might discuss it with you.
- Would it be all right if we spend some time discussing the standards for consuming alcohol during pregnancy.
- How can I help you with this?
- I have your assessment results. Are you interested in going over those?

Emphasizing Autonomy

Clients are ultimately responsible for choosing their own path.

Explicitly comment on the client’s choice and right to make decisions pertaining to behavior change.

Examples:

- I’m not going to tell you what to do; only you can decide whether to stop drinking or not.
- The number of fruits and vegetables you choose to eat is really up to you.
- This is your life and your path. You are the only one who can decide which direction you will go.

“A good MI conversation looks as smooth as a ballroom dance. Someone is still leading in the dance, and skillful guiding is definitely part of the art of MI, without tripping or stepping on toes. Without partnership, there is no dance.”



(Miller & Rollnick, 2013, p. 15)

Resources

Books

Arkowitz, H., Westra, H., Miller, W.R., & Rollnick, S. (Eds.) (2015). *Motivational interviewing in the treatment of psychological problems*. (2nd ed.) New York: The Guilford Press.

Hohman, M. (2011). *Motivational interviewing in social work practice*. New York: The Guilford Press.

Miller, W.R. & Rollnick, S. (2013). *Motivational interviewing: Helping people change* (3rd ed.) New York: The Guilford Press.

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Naar-King, S. & Suarez, M. (2011). *Motivational interviewing with adolescents and young adults*. New York: The Guilford Press.

Rosengren, D. (2009). *Building motivational interviewing skills: a practitioner workbook*. New York: The Guilford Press.

Articles

Amrhein, P.C., Miller, W.R., Yahne, C.E., Palmer, M., & Fulcher, L. (2003). Client commitment language during motivational interviewing predicts drug use outcomes. *Journal of Consulting and Clinical Psychology*, 71:862-78.

Miller, W.R. & Rollnick, S. (2009). Ten things that motivational interviewing is not. *Behavioural and Cognitive Psychotherapy*, 37, 129-140.

Miller, W. & Rose, G. (2009). Toward a theory of motivational interviewing. *American Psychologist*, 64(6), 527-537.

Motivational Interviewing Network of Trainers. (2008). *Training for New Trainers*. Retrieved from: http://www.motivationalinterview.org/Documents/TNT_Manual_Nov_08.pdf

Websites

<http://motivationalinterviewing.org/>

<http://motivationalinterview.org/>

<http://www.samhsa.gov/co-occurring/topics/training/motivational.aspx>