



Motivational Interviewing

Spirit of MI

Objectives

- Describe the “Spirit of MI”
- Identify when Motivational Interviewing is effective
- Utilize basic principles of motivational interviewing to have a conversation on behavior change



Motivational Interviewing

Definition:

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

Motivational interviewing is most effective when someone is ambivalent about change.

History of MI

History of Motivational Interviewing:

- 1982 started in Norway - Primarily addiction field
- 2002 preparing people for change across broad problem areas
- Currently utilized in a variety of settings



Ways That MI Is Helpful

- Why are we passionate about Motivational Interviewing
- What do you hope to learn?



Teachers and Supervisors

Think about some Teachers or Supervisors you have had in your life?

- Worst and Best ones
 - What made them the worst?
 - What made them the best?

Motivation

- What about the qualities in the teacher or supervisor would be more likely to be helpful to you?
- Think about a time when you were trying to make a change?
- What was the thing that was most helpful?

Motivated or Unmotivated?

- People are either motivated or unmotivated
 - Myth
- People have to “hit bottom” to change
 - Myth
- Motivation can be changed—it is fluid
 - Truth
- The way you talk to people about health, feelings attitudes can substantially change one’s motivation
 - Truth

Ambivalence

- Normal, natural debate process on the road to change
- Like a committee in your mind arguing both sides of change
- “*yes but*” is the cadence of ambivalence

Components to “Spirit of MI”

- Partnership
- Acceptance
- Compassion
- Evocation

Partnership

- Motivational interviewing is done for and with people, not on or to them
- Like a dance, not wrestling

Acceptance



Compassion

- Keep others best interest in mind
- Keep heart in the right place
- Trust is deserved

Evocation

- Strength focus
- Our role is to understand the strengths and available resources and help draw out the solution

Spirit of Motivational interviewing





Basic skills of MI

Open Ended Questions

- Questions not easily answered with yes/no
- Inviting the person to tell their story

Affirmations

- Statement that recognize strengths

Reflections

- Crucial skill to bring to life empathy and guiding toward change

Summary

- Tie all together and bring out crucial aspects of conversation



Motivational Interviewing in action



https://www.youtube.com/watch?v=f8QSA_5PEFM

Questions

- Do you see areas in your work that this might be helpful?

References

- Motivational Interviewing, Helping People Change, Stephen Rollnick and William R. Miller
- From the Motivational Interviewing Network of Trainers Updated: September, 2014
- Building Motivational Interviewing Skills, David Rosengren, PHD.