


How Motivational Interviewing Can Help Peers Help Even Better

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Great Lakes ATTC
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- The Great Lakes ATTC, MHTTC, and PTTC are funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).



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Date and year

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The use of affirming language inspires hope and advances recovery.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.



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You CAN be active...

I want and need you to be active

Use the chat box for:

- Tech issues
- Asking questions
- Replying to questions
- Adding thoughts and comments

Raise your hand
Be introspective- solitary writing is good adult learning
Chat Cornucopia—WAIT to push send

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Tell us a bit about you...

In the chat box, please indicate your previous experience with Motivational Interviewing training:

1. I've had no previous training in Motivational interviewing
2. I've been exposed to Motivational interviewing in a short workshop (1-4 hours)
3. I've attended a Motivational interviewing in a longer workshop (4-16 hours)
4. I know A LOT about MI and train others to use it

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Exercise



Paebay, 2020

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Client Role

Things about yourself that you

- Want to change
- Need to change
- Should change
- Have been thinking about changing
- Have tried to change and have not been successful
- Something someone else says you need to change

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Helper Role

☆ follow this carefully!

STEP 1: Explain to your client WHY they should make this change

STEP 2: Tell your client what specific benefits they will get from making this change.

STEP 3: Tell your client HOW to change

STEP 4: Emphasize how IMPORTANT it is for them to change


STEP 5: Tell them to **JUST DO IT!**

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Tell us what you are hearing in the chat

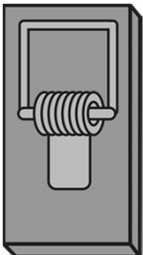
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What's flossing got to do with MI?



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Avoiding the TRAPS



- Assessment trap
- Expert trap
- Premature focus trap
- Labeling trap
- Blaming trap
- Chat trap

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Assessment Trap

“Answer my questions and give me lots of information so I can fix your problem.”

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Expert Trap

“I know what you should do.”

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Premature Focus Trap

“It’s clear that your anxiety is the problem. Let’s get started on fixing that.”

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Labeling Trap

“Your problem is your criminal thinking. If you would just admit how bad that is, we could get that fixed.”

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Blaming Trap

“Let’s talk about who’s to blame for this problem.”

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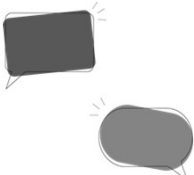
Chat Trap

“How many grandchildren does your neighbor have?”

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Informal Discussions

- Training in MI was significantly associated with less informal discussions across sessions
- Informal discussions are related to less motivation in the client



Martino, SM, Ball, SA, Nich, C, Frankforter, TL, Carroll, KM (2009)

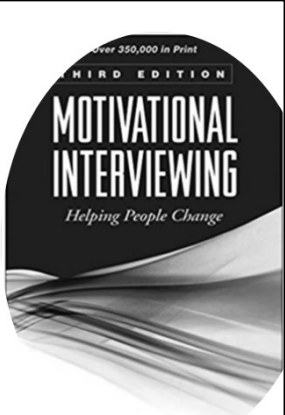
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The counselor's role is to help the client explore the possibility of change, not to ensure change.

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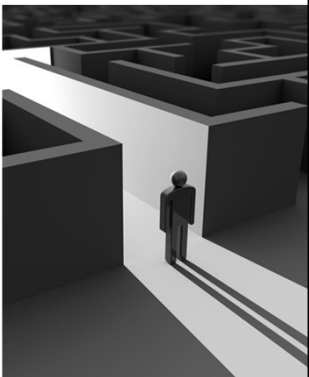
What exactly is MI?



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A
Definition

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



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What can we do...

Spirit of MI- PACE

OARS



Seek collaboration & EPE

Emphasize autonomy




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Do your work with your whole heart, and you will succeed.



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Competence
World View

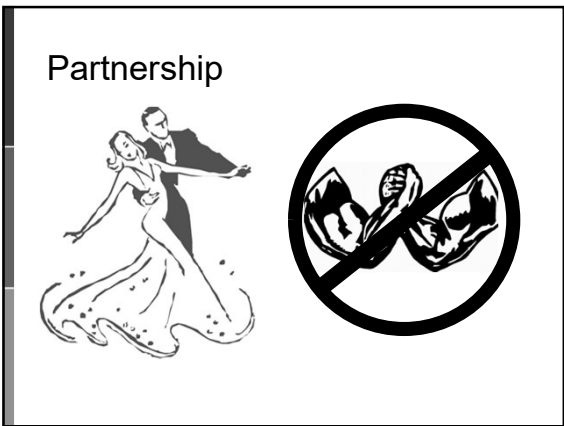


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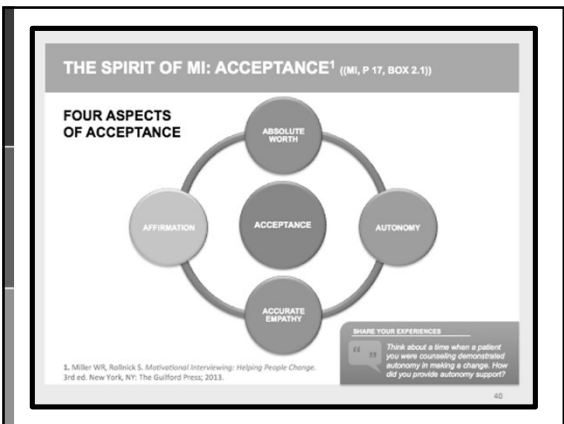
“People possess substantial personal expertise and wisdom regarding themselves, and tend to develop in a positive direction, given the proper conditions and support...”

Source: Miller and Moyers, 2006

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Empathy


Is NOT...
Having had the same experience or problem
Identification with the client
Let me tell you my story

IS...
The ability to accurately understand the client's meaning
The ability to reflect that accurate understanding back to the client





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com-pas-sion [kuhm-pash-uhn]
noun 1. a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.



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Evocation



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Key MI Skills

Listen

Ask open-ended questions

Use affirmations


Reflect

Summarize

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Seeking Collaboration

- 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 that?
- I have your assessment results. Are you interested in going over these?



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Giving Information

Elicit permission:

- "What do you already know about...?"
- "Would it be okay if...?"

Provide the information: keep it brief

Elicit response:

- "What do you make of this information?"
- "What are your thoughts about...?"
- "How might this information be relevant to...?"

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Let us Demonstrate...

Observation tips- type your reactions in the chat:

Listen carefully- where are we in the process?
Planning? Evoking? Focusing? Engaging?

What MI tools are in use?
Open questions? Reflections? Affirmations?

Did the helper seek collaboration? Give information?

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A taste of MI-Helper

- Listen carefully with a goal of understanding the dilemma
- Give no advice
- Ask these 4 open questions and listen with interest:
 - Why would you want to make this change?
 - How might you go about it, in order to succeed?
 - What are the three best reasons to do it?
 - On a scale from 0 to 10, how important would you say it is for you to make this change?
- Follow-up: And why are you at __ and not zero?
- Give a short summary/reflection of the speaker's motivations for change
- Then ask: "So what do you think you'll do?" and just listen

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Continue to Learn MI

Readings	Attend 1-2 day booster workshops	Review practitioner Guides before sessions
Self-review audio tapes	Find an MI coach	MI in supervision
MI peer support group	Rosengren's workbook	Your clients, consumers, patients will be the best teachers

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