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Empowering Autonomy –
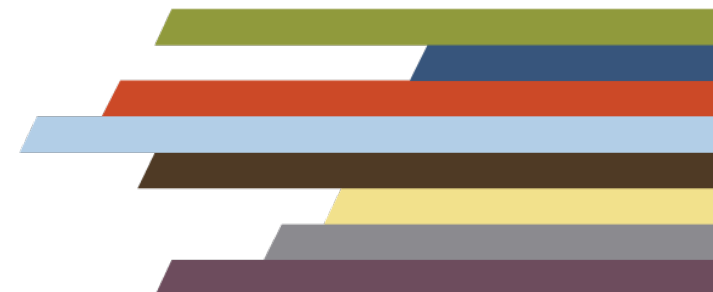# Offering Expertise in an MI Congruent Way

(Webinar presented July, 2020)

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SAMHSA
Substance Abuse and Mental Health
Services Administration

Disclaimer

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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.

Logistics

- Welcome!

- 60 minutes.

- Must attend the entire broadcast to receive credit.

- Please type your name, and the names of anyone sharing your computer, in chat box.

- Must complete the evaluation to receive credit.

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Goal

To understand *empowerment* from the perspective of Motivational Interviewing and to provide information and feedback using the E-P-E strategy.

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Learning Objectives

- State the MI construction of empowerment.

- Describe the relationship between autonomy and empowerment.

- Define the E-P-E strategy.

- List a minimum of two situations when E-P-E can be used in your work.

- Develop a minimum of four responses that can be offered when the client/patient says "No".
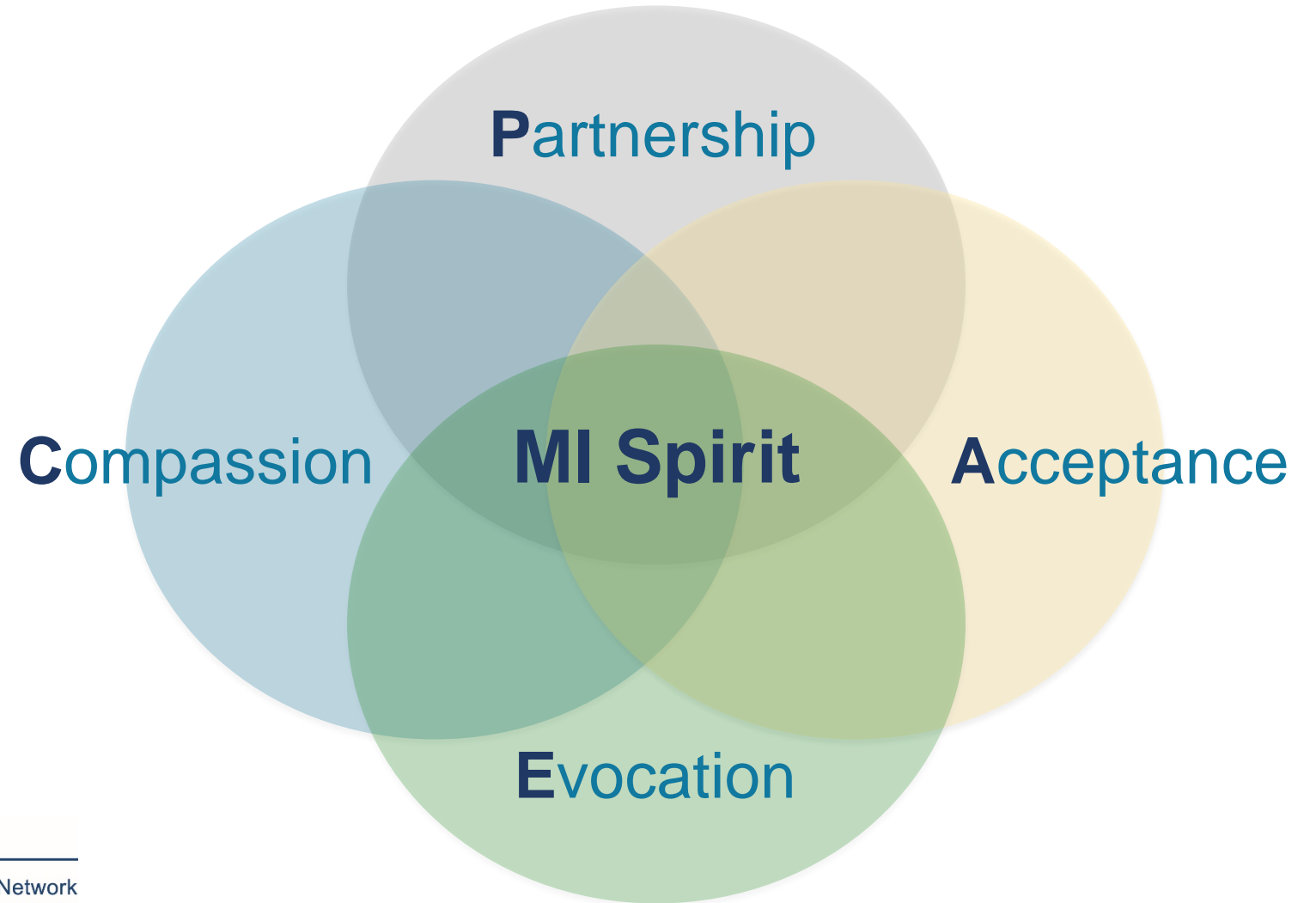
MI Spirit – *How you are.*
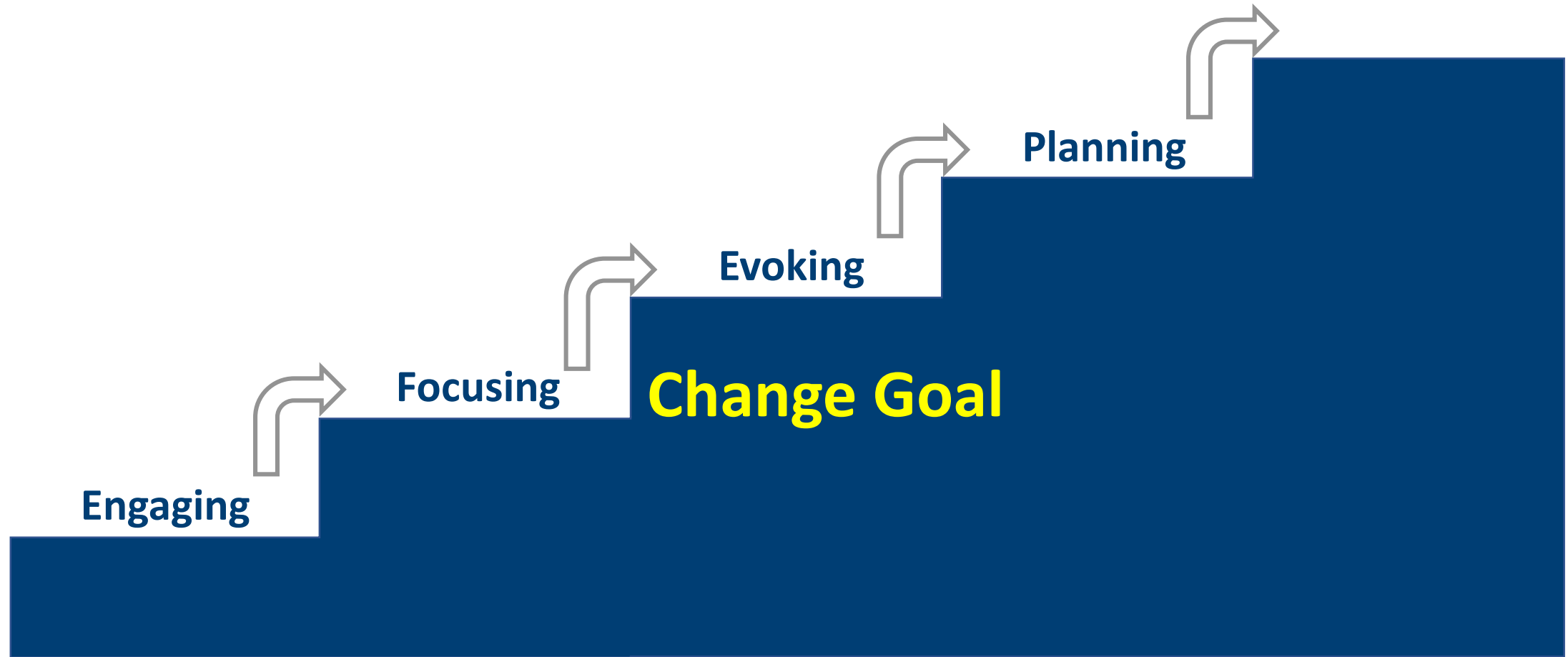

Partnership

Compassion

MI Spirit

Acceptance

Evocation

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The Four Processes – *What you do.*

Planning

Evoking

Change Goal

Focusing

Engaging

Empowerment & MI

"I practice MI, I *empower* my clients."

- What is empowerment?

- What does empowerment mean when we are coming from an MI perspective?

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MI Empowerment = ?

Choice

Permission

How many times a day do you ask?

Why do you ask?

Do you wait for an answer *before you talk?*

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Information & Feedback

From YOU

*When/what are instances when you would **provide?***

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Elicit – Provide – Elicit Strategy

- ✓ May I ask you a question/offer feedback*? (**Wait for reply**)

- ✓ What do you know about …? (**Listen**)

- ✓ Reflect back what you heard.

- ✓ I have some information about… Could I share that with you?

- ✓ *What do you think about that/what's your reaction?

- ✓ Reflect back what you heard.

- ✓ What you decide to do is up to you, only you can make that choice.

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Where do you go?

Why might they say no; why do people say no?

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Importance – Confidence - Readiness

Where are you with E-P-E?

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