



Motivational Interviewing – Enhancing Engagement & Improving Conversations

(Webinar presented June 25, 2020)

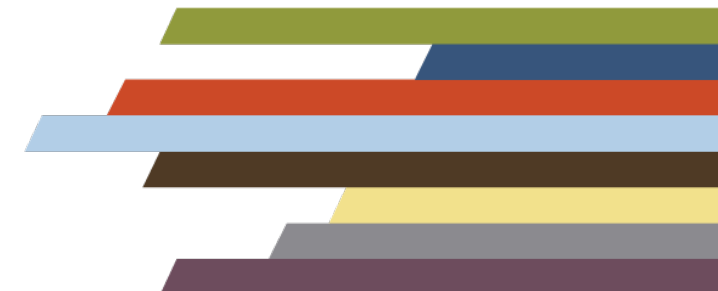
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SAMHSA

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 incorporate relevant perspectives, practices and skills from the evidence-based practice of **Motivational Interviewing** into conversations with clients/patients/consumers.



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Learning Objectives

- List the four components of MI Spirit.
- Demonstrate discernment between when the use of MI is and is not, an effective method of conversation.
- State the rationale for choosing one MI core skill over another; related to a specific prevention conversation.
- Describe the relationship between MI, Client-Centered Counseling and the Trans-Theoretical Model of Change.



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Motivational Interviewing - Verifiable & Informed Conversations

- ✓ A client-centered **conversation**, between collaborating *partners*,
- ✓ focused on a specific **behavioral change**, about which the client/patient feels **ambivalence** (of two minds).
- ✓ The worker intentionally **guides** the conversation
- ✓ **1)** to *explore* the *ambivalence* about the behavioral change and
- ✓ **2)** to identify & *increase* the clients' personal *motivation(s)* to consider and change the target behavior.



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Three Essential Parts to MI

- MI Spirit.
- The Four Processes.
- OARS, the core communication skills.

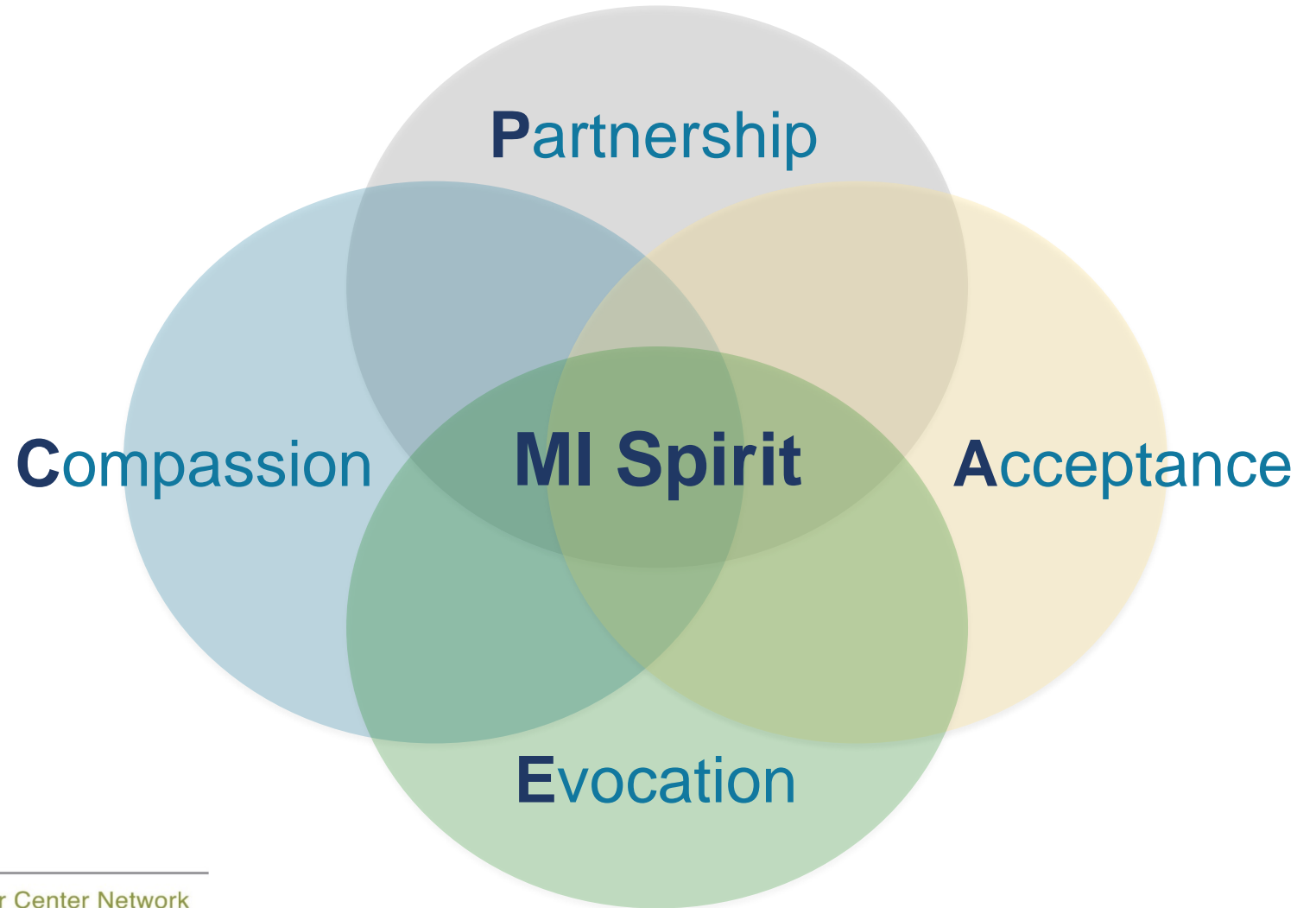


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MI Spirit – *How you are.*

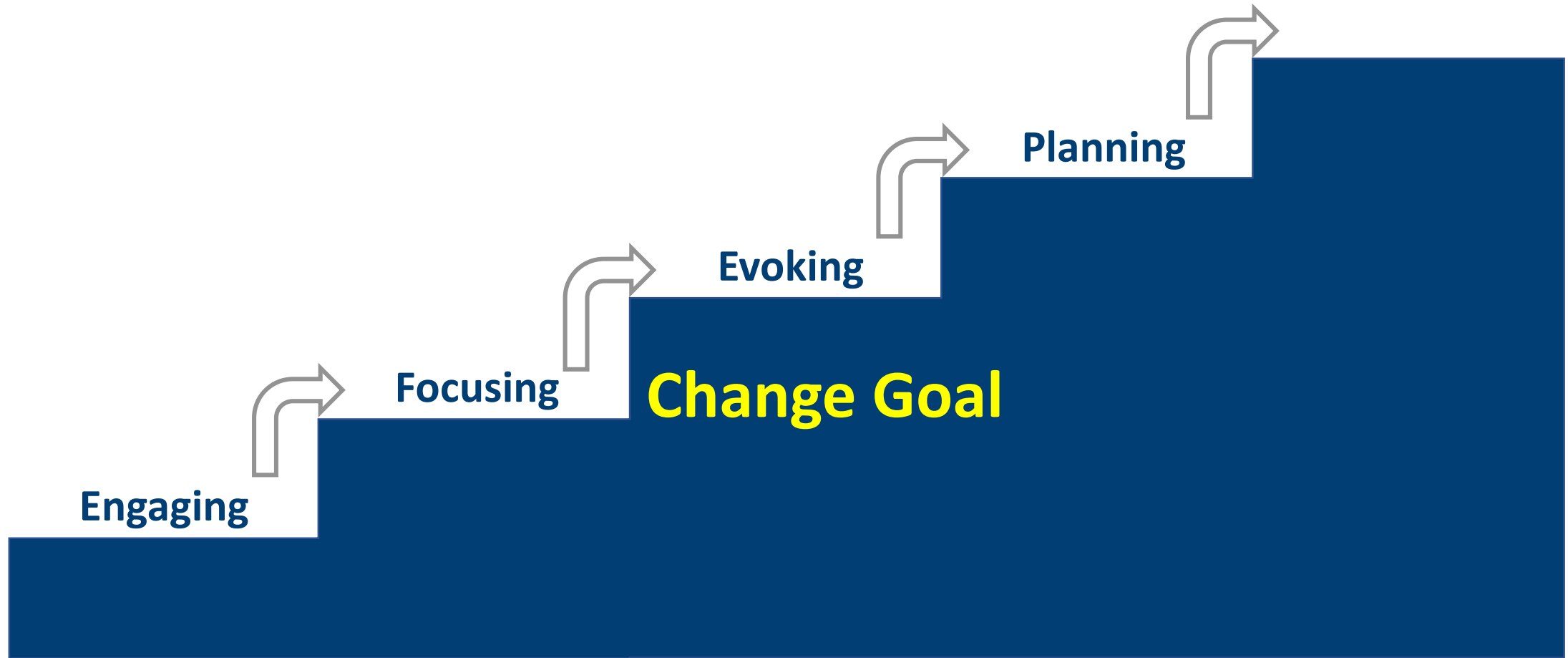


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The Four Processes – *What you do.*



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OARS – *The tools you use.*



Open ended questions
Affirmations
Reflections
Summaries



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MI = X4



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Listen & Practice - Activity

Real Life

*If you can't use this in your conversations,
why bother talking about it?*



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Thank you for being a part of our learning community today!

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If you are sharing a computer with others, please remember to type your names in the chat box.

Please fill out your evaluation forms – it will only take a couple of minutes! Just scan the code with the camera on your smart phone, or type the link into your browser:

Don't worry if you can't – an email with the link will be sent to you on Wednesday.



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