

MOTIVATIONAL INTERVIEWING

Facilitating change

"But I Only Have 5 Minutes!"



Ali Hall Training and Consulting

A photograph of two women sitting and talking. The woman on the left has long, dark, wavy hair and is wearing a purple top. The woman on the right has dark hair pulled back and is wearing a green, textured turtleneck sweater. They are in a room with a wicker partition behind them.

A personal taste of MI

Think of a dilemma, concern, attitude, or behavior that you've been thinking about changing but haven't changed yet.

Why might you want to make this change?

How might you go about it, in order to succeed?

What are your three best reasons to make this change?

Who could support you?

What next step(s) could you take?



**What can
quick
compassion
sound like?**

- Whatever we do and however that develops, we will do what we can to support you.
- We'll be with you in this journey.
- We'll do our very best for you.
- We'd really like to be helpful here.
- Together, we'll take a careful look at your concerns, your values, your strengths and try to support what you think is best for you.



Conversation starters to support change

Engaging Process:

- “I realize our time is short today, I want to make sure I understand what is most important to you, what brings you in. Please tell me.” *(Reflect and affirm during the five minutes, use conversational facilitators to encourage the person to continue talking during the exchange.)*
- “Since we have a just few minutes, I’d like to hear about your dilemmas and concerns today.”
- “What’s ok about the way things are right now for you? What’s not ok from your point of view?”



Focusing Process:

- “I know you have a lot on your mind today, and we have about five minutes to talk. Let’s see if we can address your top priority, if that’s ok with you.” (the person’s priority sets the agenda)
- “We have about five minutes today, let’s start with what’s on your mind and before we close there’s something I wanted to ask you about if that’s ok.” (sharing the agenda and closing with an optional topic)
- “Since we need to review your treatment progress today in our short time, let’s start with what’s important to you and then I will need to raise one or two things with you.” (sharing the agenda and closing with a mandated topic)



Evoking Process:

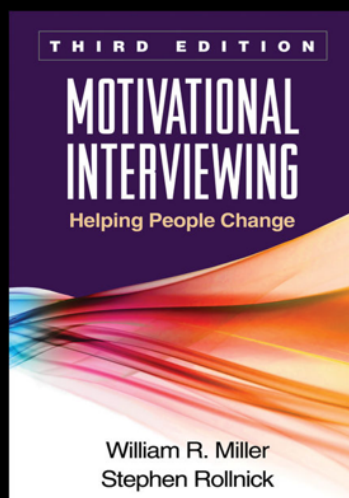
- “If it’s ok with you, I was hoping we can explore importance and confidence today for ‘x,’ since that’s your aim. On a scale of 1 to 10, with 1 being low and 10 being the highest, how important is this change for you?” (*explore more, reflect and affirm, and then explore confidence*).
- “If you were to decide to change, what could help? What supports would you find helpful?”
- “Which of your values would be most supported if you were able to make this change?”



Planning Process:

- “Of the options you’ve considered, what would you choose?”
- “Once you decide to start, how will you go about it?”
- “What steps make the most sense to you right now?”

Key ideas



Direct persuasion is not effective to resolve ambivalence or promote change

The worker uses primarily a guiding style

It is the task of clients to resolve their own ambivalence and determine their own reasons for change

MI is simple, but not easy, to learn—yet it can be learned with practice and feedback

MI can fully support your best outcomes

CONTACT



Ali Hall
mi.consult.ahall@gmail.com

Ali Hall Training and Consulting