


Motivational Interviewing

A user-friendly approach



MOTIVATIONAL INTERVIEWING:
A USER-FRIENDLY APPROACH FOR THE WHOLE SYSTEM

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A DEFINITION OF MI

“Motivational Interviewing is a particular way of talking with people about change and growth to strengthen their own motivation and commitment.”

Miller & Rollnick (2022)

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MOTIVATIONAL INTERVIEWING

WHAT? A respectful and purposeful conversation

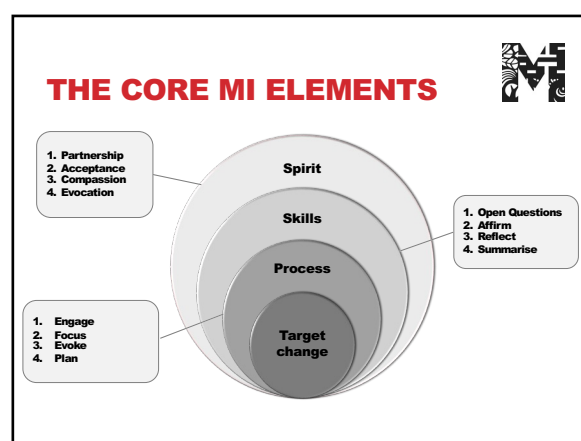
WHY? MI can help to:

- Develop rapid **engagement** and reduce **resistance**
- Elicit **information** and **understanding**
- Work with **ambivalence**
- Build **motivation**
- Reinforce **commitment**
- Support **action**

HOW? Offers **practical principles** and **skills**

- **Small steps** to try in the beginning
- **Depth of skill** to develop over time

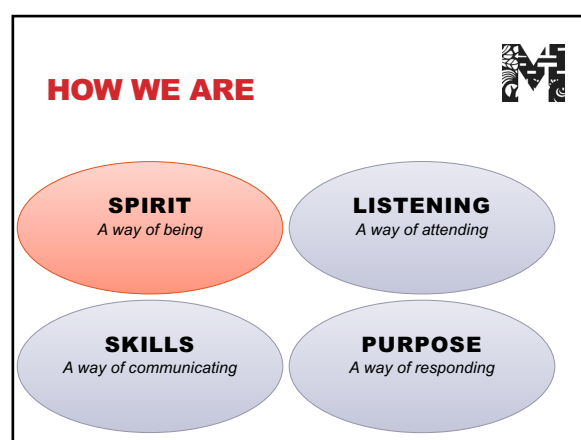
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SOMEONE GOOD TO TALK TO...



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YOU MATTER

- **Ability to engage across a wide range of people**
 - Meeting people where they are
- **Interpersonal skills within a therapeutic context**
 - Clarity of communication and focus
 - Empathy and attunement
 - Respect and warmth
 - Management of criticism
 - Responsiveness
- **Healthy self doubt**
 - Willingness to self reflect
- **Deliberate practice**
 - Ongoing learning from practice, repetition and feedback

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MI SPIRIT

Partnership

Work together
Step out of the expert role

Acceptance

Demonstrate understanding
Respect autonomy

Compassion

Engage the person
Show genuine care

Evocation

Draw ideas and motivation
from the person

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HOW WE STAY PRESENT

SPIRIT

A way of being

LISTENING

A way of attending

SKILLS

A way of communicating

PURPOSE

A way of responding

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I don't know what it is about listening. I just know when I'm heard, it feels damn good.

Carl Rogers

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HOW WE SPEAK

SPIRIT

A way of being

LISTENING

A way of attending

SKILLS

A way of communicating

PURPOSE

A way of responding

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CORE SKILLS

- R Refrain
- O Open Questions
- A Affirming
- R Reflections
- S Summaries



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WHAT GETS "YES BUT?"



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IN ESSENCE

I learn what I believe as I hear myself talk.

Bill Miller (1985)



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REFLECTIONS: LISTENING WITH PURPOSE



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WHY REFLECTIONS?

Validate:

- Let the person know we're really listening

Clarify:

- We check our understanding
- They check their meaning

Evoke:

- We learn more

Guide:

- What we reflect shapes where we go next



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*I've tried so many times
before and just keep failing.
I'm hopeless.*

Feeling:

Strength:

Concern:

Hope:

Double sided reflection:

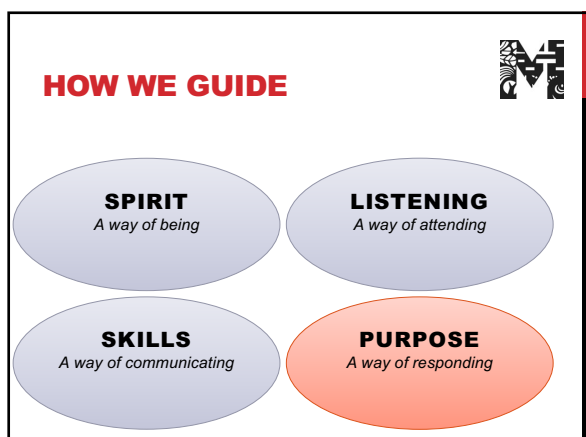


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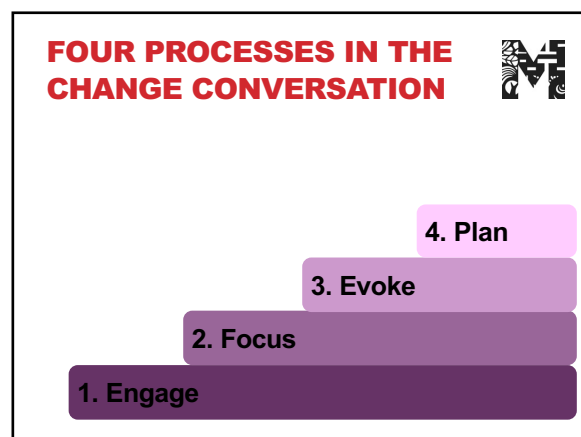


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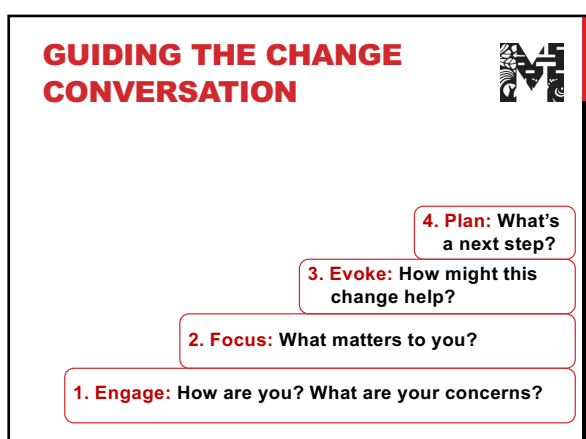
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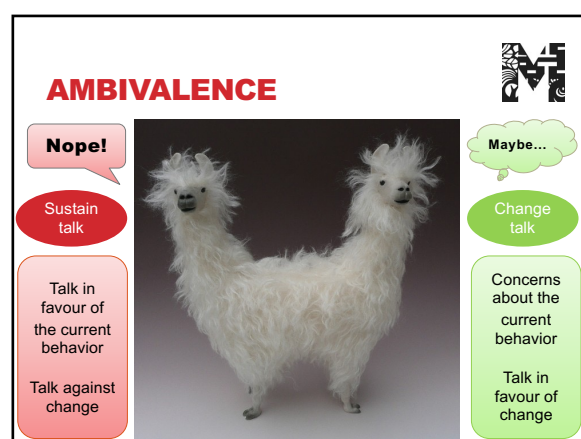
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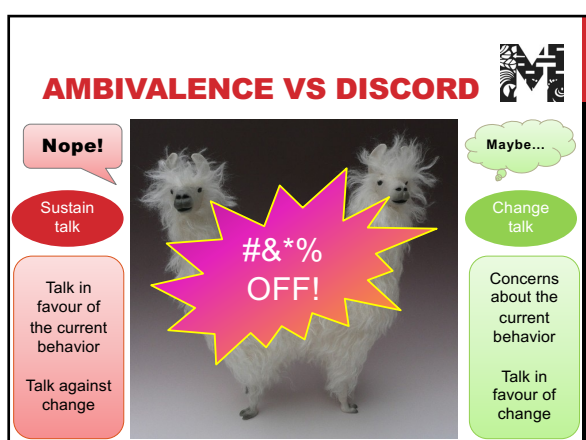
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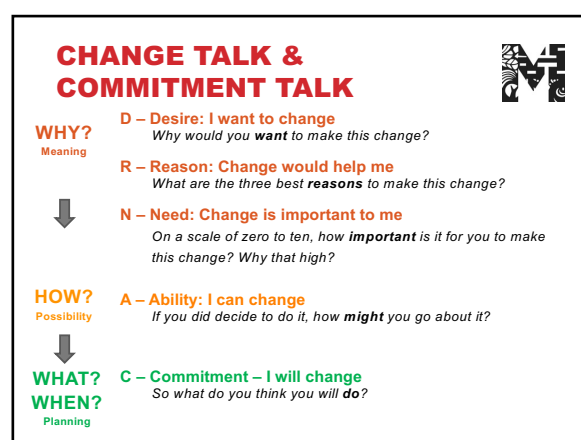
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IN SUMMARY



MI is helpful at every point in the system

- Promotes engagement, understanding and collaboration

MI offers practical skills no matter what your role is

- These skills can transfer across a wide range of conversations

Embedding MI provides a shared language

- Common practice supports consistency of care

MI supports professional self-care

- Better conversations reduce resistance and friction

A little bit of MI can go a long way

- You don't have to be proficient for MI to be helpful

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WHERE TO FROM HERE?



One thing I liked...

One thing I learned...

One thing I want to try...

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