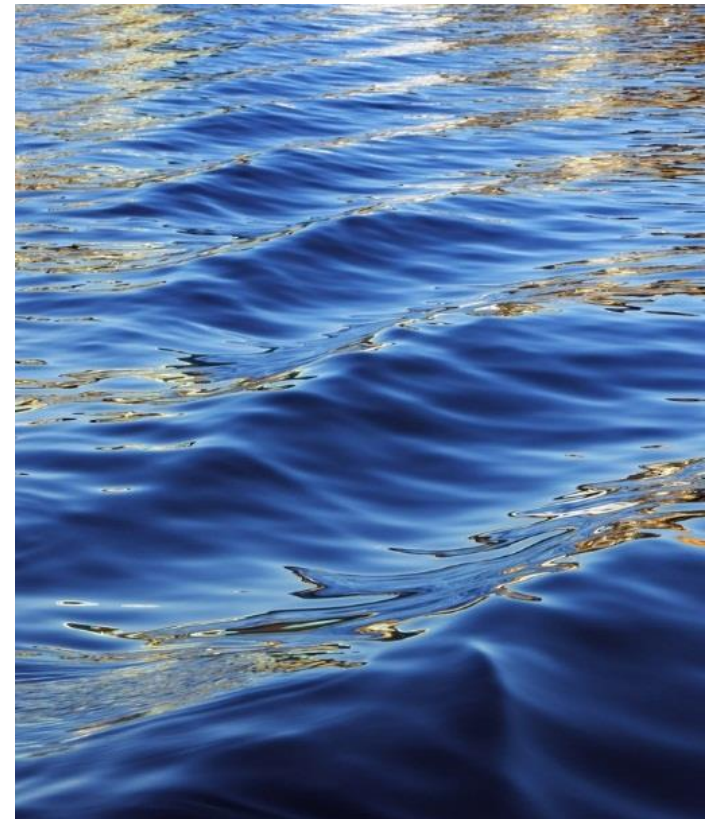


Motivational Interviewing

Helping People Change and Grow



Introductions

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Bethany – Branch Director MD, DC & VA

Anne Arundel County Foster Care (10 years)

Anne Arundel County Adoption Supervisor (6 years)

Title IV-E Child Welfare Education Program at UMB
(11 years)

Motivational Interviewing Network of Trainers (MINT)

Exercise “A taste of MI”

- Form a group of three (3)
- One partner think of a behavior that you're interested in changing.
- Second partner is the observer, with the observation sheet.
- Third partner is the Interviewer
- Interviewer follow the script

Exercise “A taste of MI”

- Ask “Why would you want to make this change?”
- “How might you go about it in order to succeed?”
- “What are the 3 best reasons to do it?”
- “What makes this change feel urgent for you?”
- Summarize what you heard.
- Ask, “What will you do next?”

Change Talk vs. Sustain Talk

- **Change Talk** – Any Self-Expressed Language that is an Argument for Change
- Change Talk and Sustain Talk are Conceptually Opposite
- **Sustain Talk** – Any Language that is an Argument for the Status Quo

DARN-C

- **Desire**
- **Ability**
- **Reasons**
- **Need**

- **Commitment**

Change Talk

Talking Oneself into Change

- There is value in verbalizing your intent to change
- You can influence the amount of change talk your clients use
- As an MI conversation continues, change talk typically increases in quantity as well as in strength of commitment

Reflecting Change Talk

- Reflecting Ambivalence (both Change and Sustain Talk) often helps to develop a specific focus for the conversation
- Client Hearing their own words is often very powerful
- Reflecting Change Talk often leads to more and stronger Change Talk

Reflections

- Make sure inflection is a statement
- Be Specific
- Clear and concise
- Use reflections to continue the paragraph
- After the reflection, leave time for the client to respond

Strategies for Evoking Change Talk

Ask Evocative Questions

Remember the DARN –C when forming evocative questions

Reflect the Change Talk

Reflecting change talk can deepen and strengthen motivation to change

Ask for Elaboration or Examples

Ask for specific examples such as “Tell me about the last time you felt like you needed to quit using.” “What is an example of a time where you felt that you should spend more time with your kids?”

Strategies for Evoking Change Talk

Use Scaling Questions

Choose a 1-10 scale such as: On a scale of 1 – 10, with 1 being not at all, and 10 being the most important part of your social work practice, how important is it for you to be proficient in practicing Motivational Interviewing?

Follow-up: Why a (higher #) and not a (lower #)?

Choose timeframes to meet the need for your client.
Higher commitment, use shorter timeframes

Think about the DARN-C when forming questions