

MOPS VIDEOS 2016: MOTIVATIONAL INTERVIEWING



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Agendas

1. Mom
2. You
3. MOPS

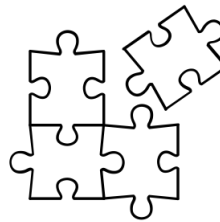


Defining Motivational Interviewing

"Motivational Interviewing is a **collaborative** conversation style for strengthening a person's **own motivation and commitment** to change."

Miller & Rollnick (2013), p 12

Casual/Informal Requires Boundaries



MI =



- Enhanced ability to provide or discuss referrals
- Opportunities to support participants
- More compassionate direct conversations about motherhood & more
- Insulation from the contagious energy & emotion



Motivational Interviewing

Works in...

- Case management/Navigation/Advocacy
- Reception/Scheduling/Intake
- Mental health counseling/therapy
- Substance abuse counseling
- Smoking cessation
- Risky behaviors
- Compliance/Adherence
- Life changes/choices
-

AMBIVALENCE

Stay the Same → Focus → Change

Top 3 Take Aways

3

1. There are 2 chairs: sustain & change
2. It's about the Spirit more than it is the skills
3. Listen for change, don't manipulate change

Sustain or Change



The Spirit of MI

- Partnership
- Acceptance
- Compassion
- Evocation

Miller & Rollnick (2013)

Partnership & Acceptance

MI is done **with & for** a person

- **Do:** talk less than 1/2 the time
- **Create:** conditions helpful to change
- **Monitor:** your own values, beliefs, hopes & goals
- **Realize:** it's a privilege to witness change
- **Collaborate:** on discussion agendas, goals, objectives

MI promotes Acceptance

- **Believe in:**
 - Intrinsic motivation
 - Inherent worth
 - Trustworthiness
- **Show:** Empathy
- **Support:** Autonomy
- **Offer:** Affirmations



Miller & Rollnick (2013)

Compassion & Evocation

MI relies on Compassion

- Deliberate thoughts & actions committed to the best interests of another
- Have your head & heart in the right place to earn & deserve trust

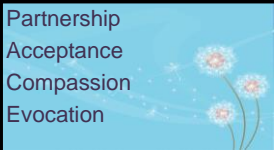


MI believes in Evocation

- People already have what they need; draw it out
 - Reasons
 - Strengths
 - Resources



Miller & Rollnick (2013)



- “We” Agenda
- Empathy
 - Active Listening
 - Nod, smile, lean in/out, “Mhmm...Really?”
 - *You are really struggling.*
 - Validate/Normalize
 - You are not alone; I can help
 - *Many people struggle to quit smoking.*
 - *I have helped a few other people figure out how to quit smoking.*
 - Self Disclosure: Most – Me – You
 - *Most people try to quit several times before they quit for good. I know for me, it took 3 serious tries. How about you?*

Listen!

- Reflect to encourage elaboration
- Summarize to demonstrate understanding & to move the conversation forward or change focus



Reflect

- Paraphrase what was said
 - *You’ve tried a lot of ways to quit smoking.*
- Name feelings or meanings
 - *You’re frustrated that it’s such a struggle to quit smoking. Almost seems like a waste to try.*

Making it Work:
MaryAnn



Summary Transition

Pull everything together before moving on

- *You’re not sure you can quit smoking; I get that. Right now we need to finish some paperwork so that we can work together on quitting.*

Making it Work:
MaryAnn



MI Action Plan



Listen, reflect, question, remark...No new ideas, no problem solving for 1 – 3 minutes!

- **Initial Questions:**
 - **“Why** would you want to make this change?:
 - **“If you did decide to make this change, how might you go about it in order to succeed?”**
 - **“What are the three best reasons for you to do it?”**
 - **“How important** would you say it is for you to make this change, on a scale from 0 to 10, where 0 is not at all important, and 10 is extremely important? (Follow -up question: And why are you at _____ rather than a lower/higher number?)”
- **Summarize:** What you heard from them
- **Final Question:** “So what do you think you’ll do?”



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References & Resources

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