

# Motivational Interviewing Brief Refresher

*ECHO Series Peer Recovery Track*

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**Prevention Insights**



**SCHOOL OF PUBLIC HEALTH**

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**P R E V E N T I O N**  
**INSIGHTS**

AT THE **INDIANA UNIVERSITY** SCHOOL OF PUBLIC HEALTH

# Financial Statements

**Owner of MalloriDeSalle, LLC.**

**Do not have financial conflicts related to agreements with Pharmaceutical Companies**



**SCHOOL OF PUBLIC HEALTH**

INDIANA UNIVERSITY

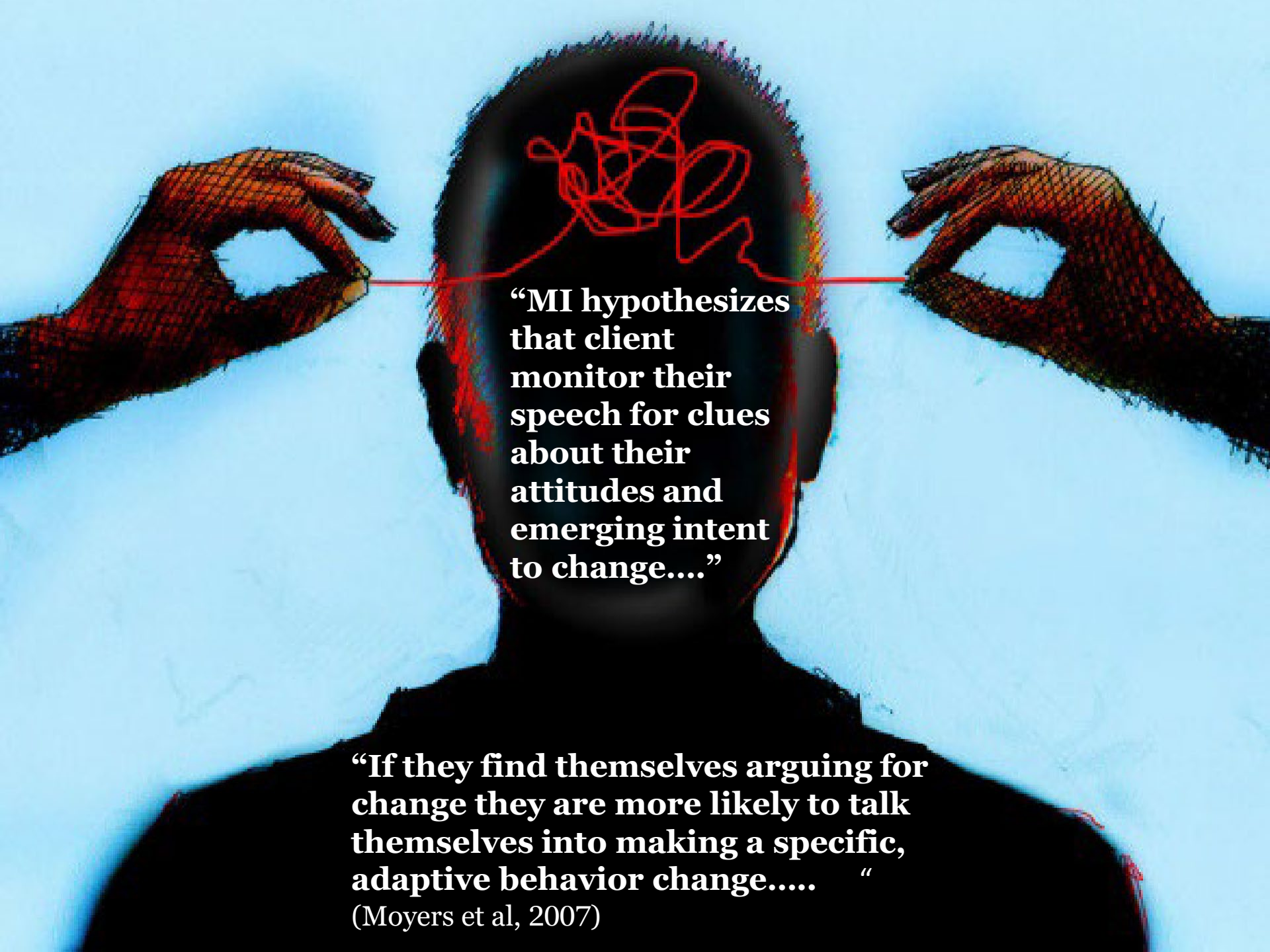
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**P R E V E N T I O N**  
**INSIGHTS**

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WHAT

A close-up photograph of four wooden blocks with rounded corners, arranged in a row on a light-colored wooden surface. The blocks are painted in different colors: the first is blue and has the letter 'W' in black; the second is yellow and has the letter 'H' in black; the third is orange and has the letter 'A' in black; and the fourth is yellow and has the letter 'T' in black. The background is softly blurred, showing hints of purple and pink light.



**“MI hypothesizes  
that client  
monitor their  
speech for clues  
about their  
attitudes and  
emerging intent  
to change....”**

**“If they find themselves arguing for  
change they are more likely to talk  
themselves into making a specific,  
adaptive behavior change..... “**

**(Moyers et al, 2007)**

# Skills of MI

A photograph of a woman with her hair in a bun kissing a young girl on the cheek. The woman is wearing a dark blue top and a choker. The girl is wearing a white top. The background is a blurred outdoor setting with other people.

Open-ended Questions

Affirmations

Reflections

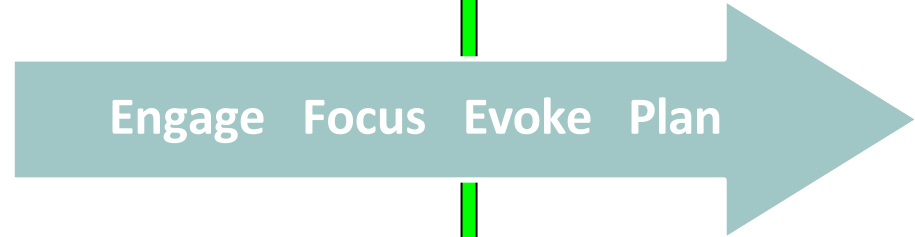
Summaries

\* Advice with Permission

**Spirit**



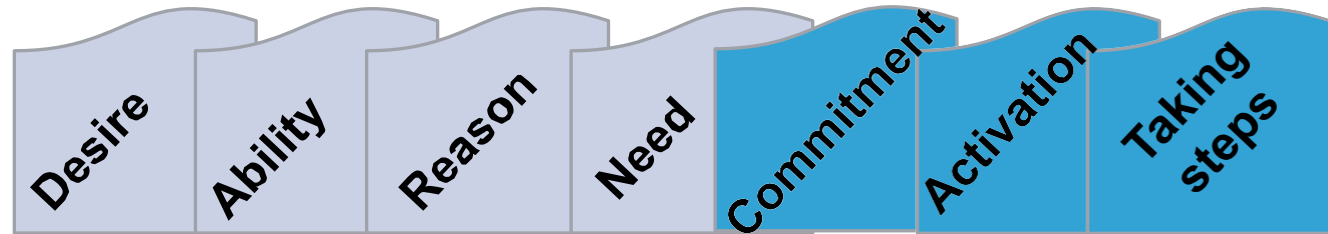
**Processes**



**Skills**

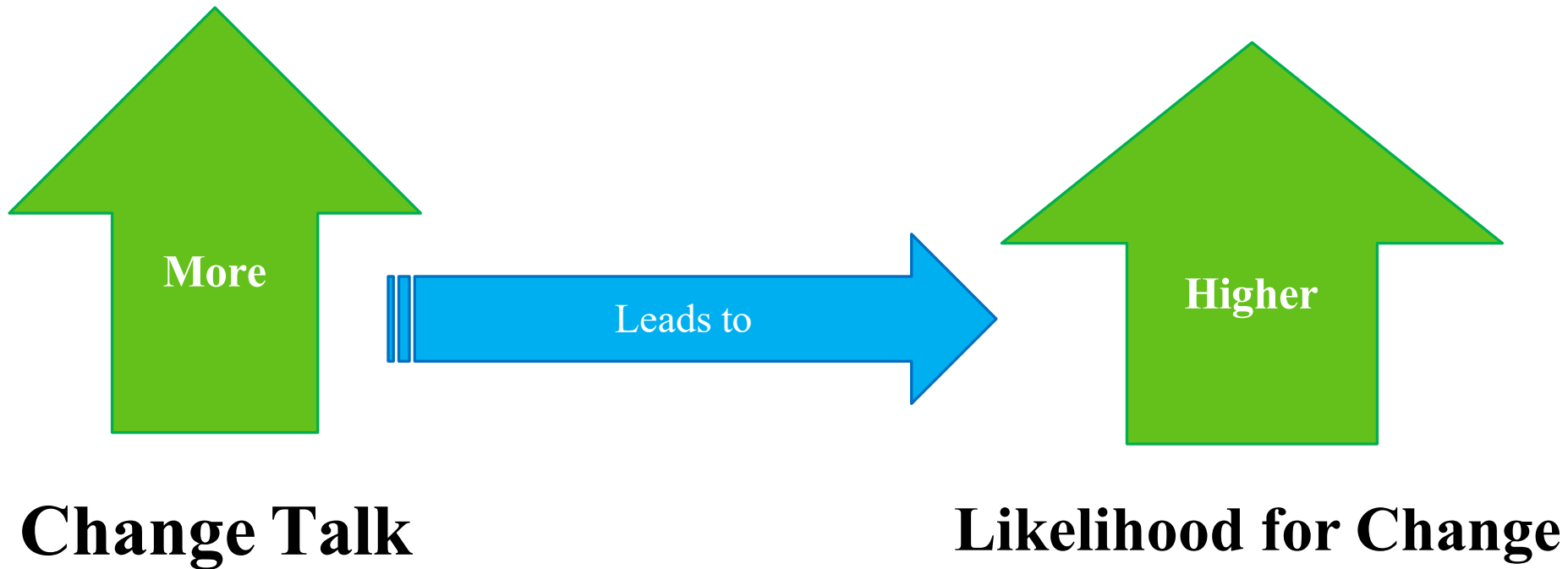


**Change Talk**



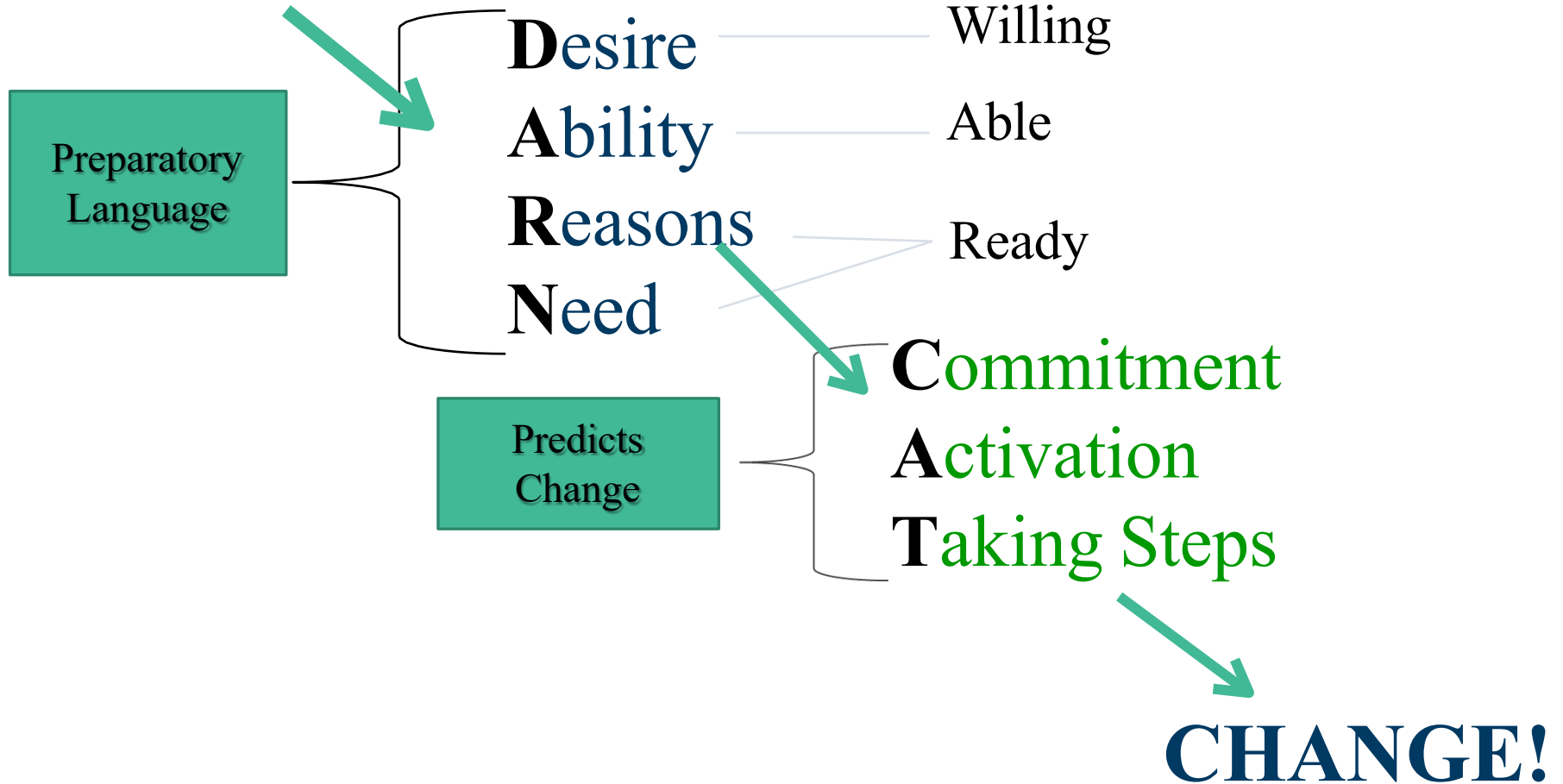
# Motivational Interviewing

# Change Talk Influences Change



# The Flow of Change Talk

## Motivational Interviewing





# Strategy to MI

Plan

Evoke

Focus

Engage



“Why aren’t you using your inhaler?”



“How does using your inhaler help you?”



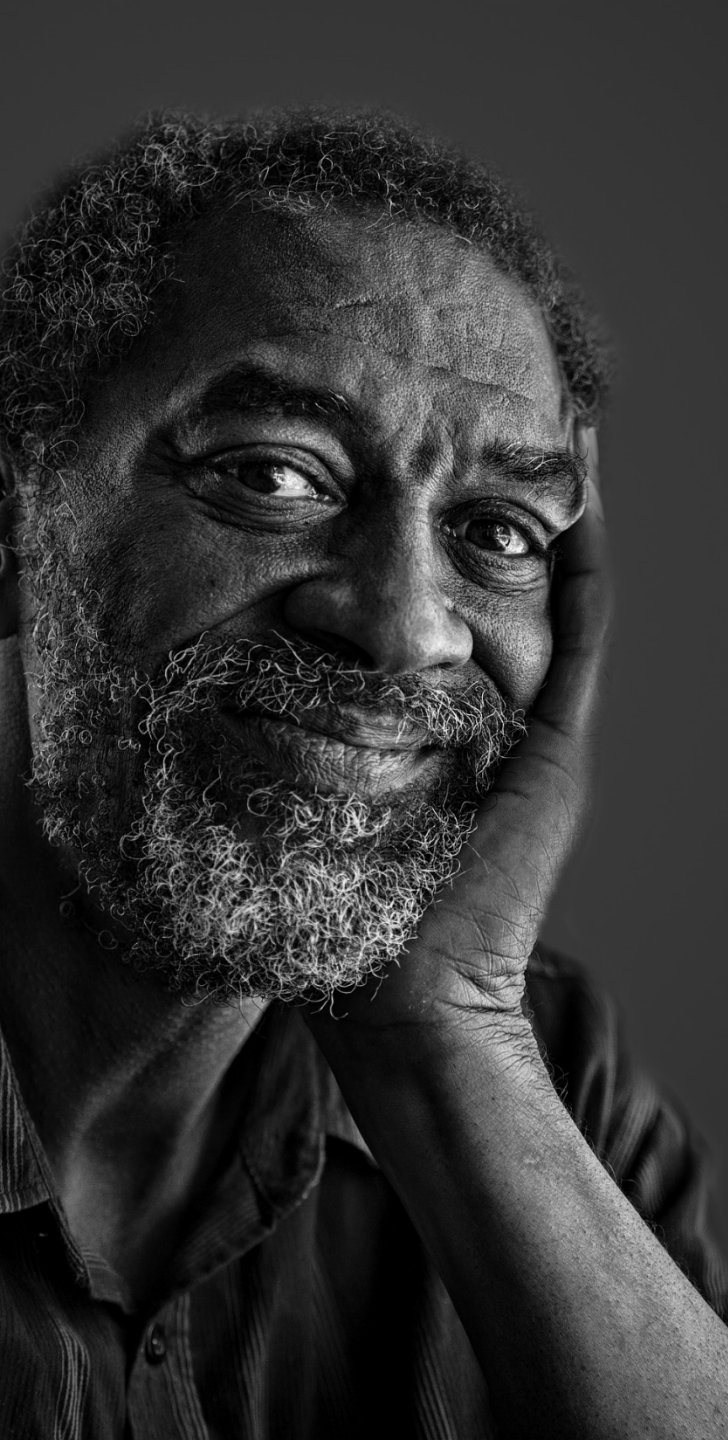
“You look nice today!”

“You hate dressing up, and you still chose to put on a button up shirt for court. You care how people see you.”

A photograph of a family of four (a father, a mother, and two children) looking at a smartphone together. They are outdoors, near a body of water with sunlight reflecting on the surface. The father is on the right, wearing a white tank top. The mother is in the center, wearing a blue top. Two children are on the left, one in a blue and white striped shirt and another in a blue top. The text is overlaid on the image.

**“You feel sad and miss your kids.”**

**“You want to work hard to spend more time with your children. You are thinking of ways to be more present.”**

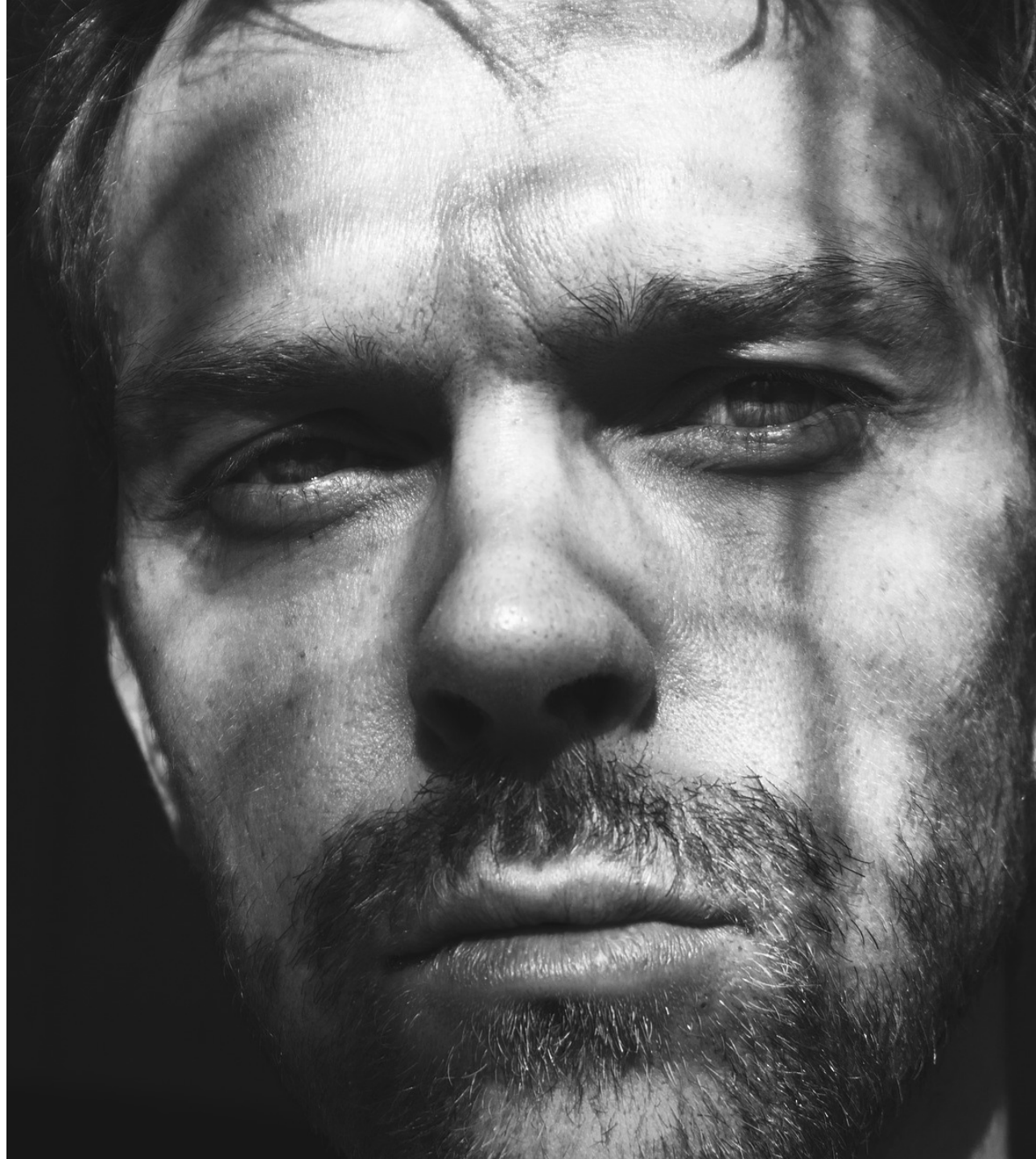


# Advice With Permission

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“What do you  
already know  
about  
\_\_\_\_\_?”

“Would it be  
alright if I  
share a little  
\_\_\_\_\_?”



Change doesn't happen  
all at once.

Using MI will help you  
invite change with  
those you meet.



# Motivational Interviewing Books

**Motivational Interviewing: Helping People Change (3<sup>rd</sup> Edition) by William Miller And Stephen Rollnick, Guilford Press**

Motivational Interviewing In The Treatment Of Psychological Problems by Hal Arkowitz Et Al, Guilford Press

Building Motivational Interviewing Skills by David Rosengren, Guilford Press

Motivational Interviewing In Health Care: Helping Patients Change Behavior by Stephen Rollnick, William Miller And Christopher Butler, Guilford Press

Motivational Interviewing With Adolescents And Young Adults by Sylvie Naar-king And Mariann Suarez, Guilford Press

Motivational Interviewing In Social Work Practice by Melinda Hohman, Guilford Press

Motivational Interviewing in Groups by Christopher C. Wagner, Karen S. Ingersoll



# Motivational Interviewing Websites

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MINT Website:

[www.Motivationalinterviewing.org](http://www.Motivationalinterviewing.org)

Prevention Insights Training Portal:

<https://iprc.iu.edu/training/training.php>

# PREVENTION INSIGHTS

AT THE INDIANA UNIVERSITY SCHOOL OF PUBLIC HEALTH

Applying  
Addiction  
Science



Building  
Healthier  
Communities  
Across  
America...



## Thank You!

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