

Brief Introduction to Motivational Interviewing

ECHO Case-Management for OUD in Pregnancy

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Prevention Insights



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What are your reactions to *Change*?



What Works Best?

Guiding



Directive



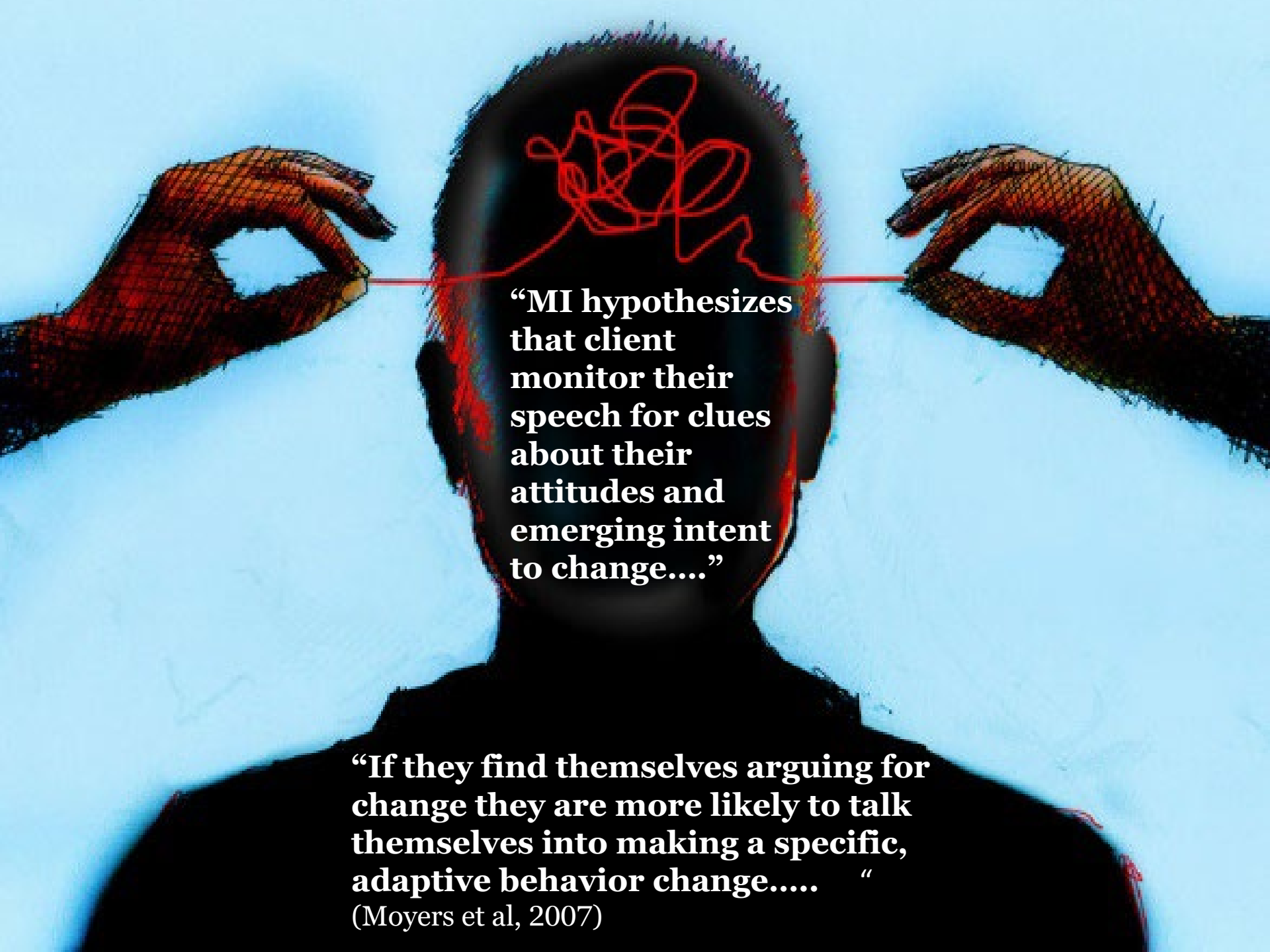
Following



What is MI?

“Motivational Interviewing is a person-centered counseling style for addressing the common problem of ambivalence.”

-Miller & Rollnick

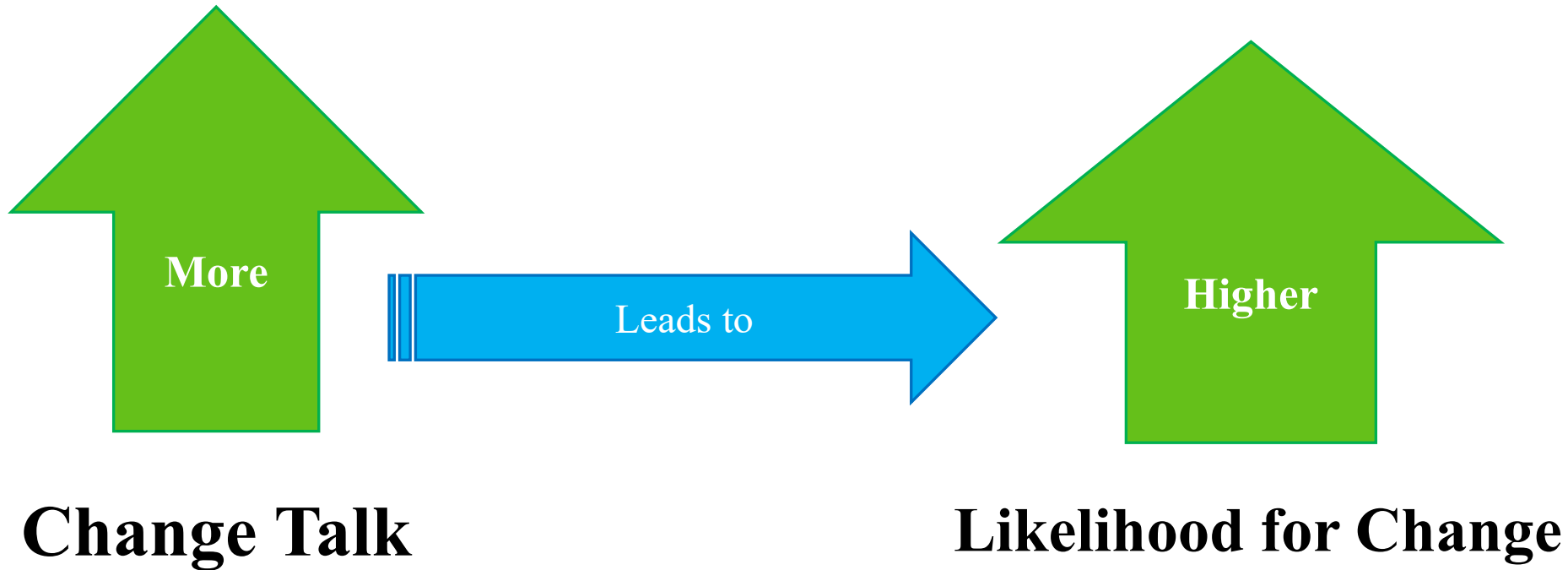


**“MI hypothesizes
that client
monitor their
speech for clues
about their
attitudes and
emerging intent
to change....”**

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

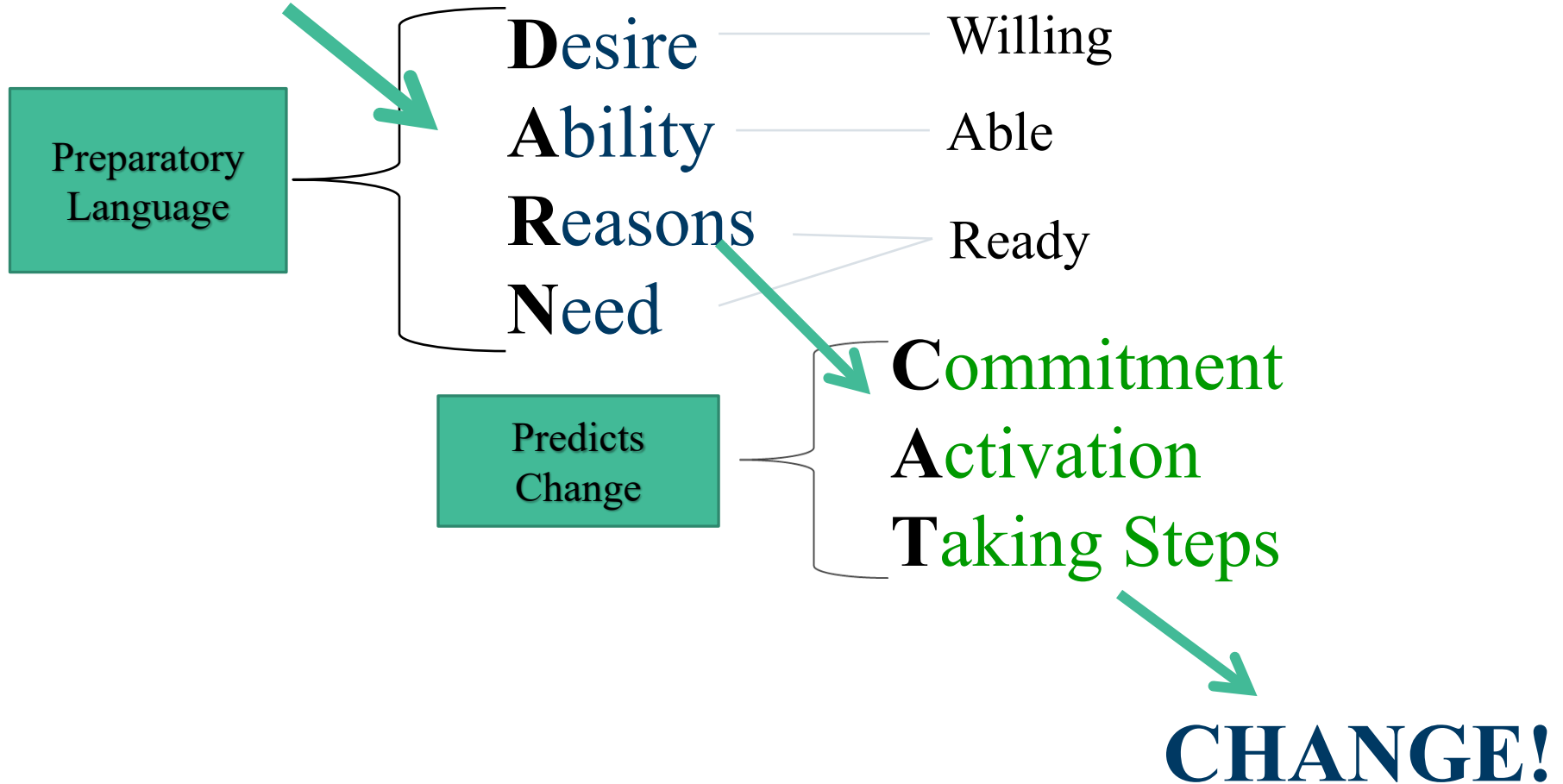
(Moyers et al, 2007)

Change Talk Influences Change



The Flow of Change Talk

Motivational Interviewing



Spirit

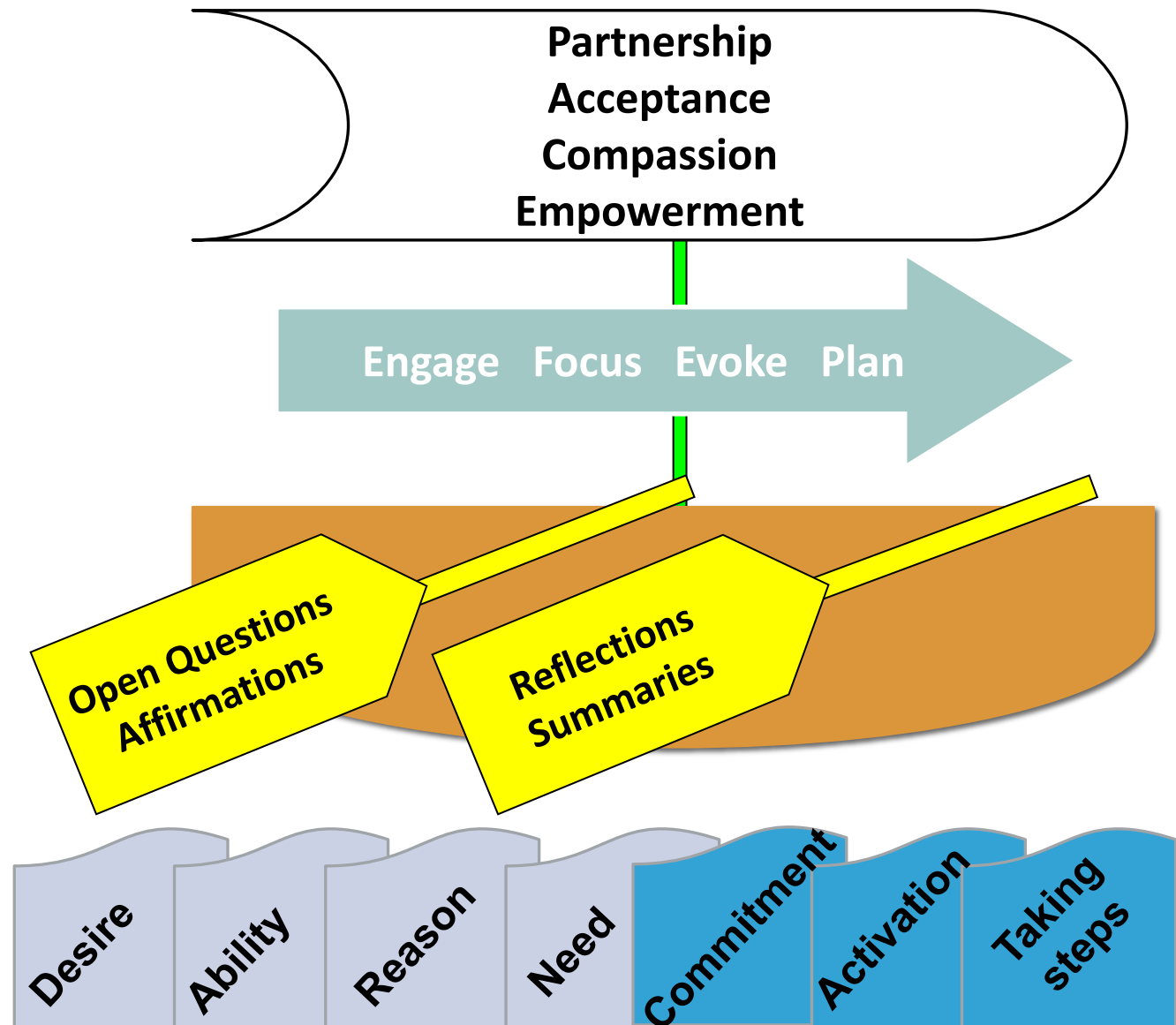
Tasks

Skills

Change Talk

Motivational Interviewing

UPDATED TO REFLECT MI-4 (Release Date August 2023)



Application of MI

- ✓ Emergency Medicine
- ✓ Primary Care
- ✓ Chronic Disease
- ✓ Mental health
- ✓ Substance Abuse
- ✓ Dentistry
- ✓ Physical Therapy

Skills of MI

Open-ended Questions

Affirmations

Reflections

Summaries

* Advice with Permission



“Why aren’t you getting
prenatal care?”

“How would getting
prenatal care be helpful?”

A woman with brown hair and blue-rimmed glasses is smiling and looking towards a camera. A young boy with dark hair, wearing a blue and white striped button-down shirt, is also smiling and looking at the camera. They are both holding the camera, and the image has a light blue overlay.

“You look nice today!”

“You hate dressing up, and you still chose to put on a button up shirt for court. Today is important to you.”



“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

ASK-PROVIDE-ASK

Ask:

“What do you already know about _____?”

OR

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

Provide:

One small piece of information.

Ask:

What do you make of that?

Or

How might this information help?

Strategy to MI

Plan

Evoke

Focus

Engage



Change doesn't
happen all at once.

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

Motivational Interviewing Books

1. **Motivational Interviewing: Helping People Change (3rd Edition) by William Miller And Stephen Rollnick, Guilford Press**
2. Building Motivational Interviewing Skills by David Rosengren, Guilford Press
3. Motivational Interviewing In Health Care: Helping Patients Change Behavior by Stephen Rollnick, William Miller And Christopher Butler, Guilford Press
4. Motivational Interviewing With Adolescents And Young Adults by Sylvie Naar-King And Mariann Suarez, Guilford Press
5. Motivational Interviewing In Social Work Practice by Melinda Hohman, Guilford Press
6. Motivational Interviewing in Groups by Christopher C. Wagner, Karen S. Ingersoll

Motivational Interviewing Websites

MINT Website:

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

Prevention Insights Training Portal:

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

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Communities
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America...



Thank You!

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