

Brief Introduction to Motivational Interviewing

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Prevention Insights



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No financial conflicts to disclose.



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Ambivalence

Feeling two ways about a change.
With no clear direction, people are stuck!

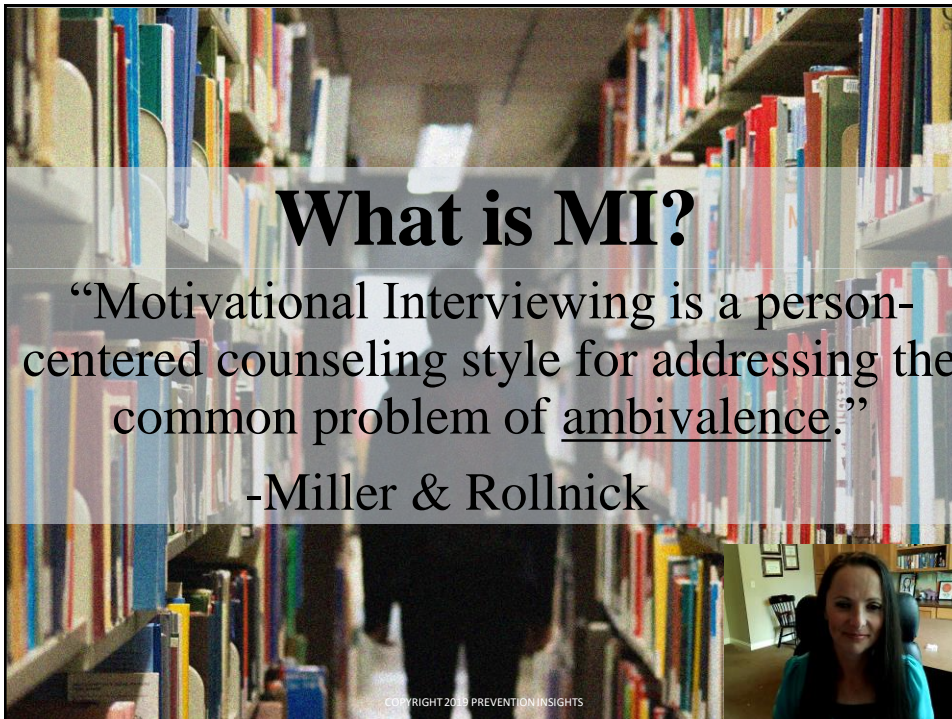
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“MI hypothesizes that client monitor their speech for clues about their attitudes and emerging intent to change....”

“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)

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What is MI?

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

-Miller & Rollnick

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Application of MI

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



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Avoid Fixing
Use our MI Mindset
MI Skills focused on Change Talk
Avoid Rushing the Process

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“Righting Reflex”

Desire to set things right, to heal, to prevent harm, or fix.



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Empowerment
Autonomy
No Judgement
Understand their Values
Listen *more than* Speak

MI Mindset



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Skills of MI

Open-ended Questions
Affirmations
Reflections
Summaries


* Advice with Permission




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“Why aren’t you using your inhaler?”



“How does using your inhaler help you?”




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“Do you want to quit vaping?”

“What would be a reason you would ever consider cutting back or quitting vaping?”



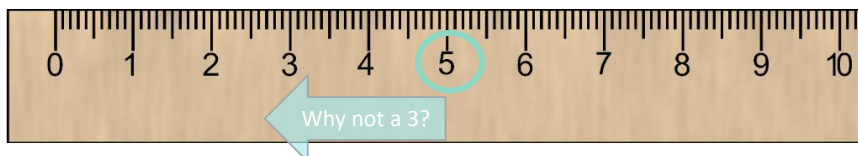
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On a scale from 0-10 where would you put yourself:

How **Important** this change is?

How **Willing** you are to take the step?

How **Confident** you are that you can make this change?



Scaling Questions



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“I know you can succeed when you do your personal best.”

“You worked hard in the past and are wondering if you can do it again.”

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“You did GREAT.”

“You didn’t drink yesterday, it shows how committed you are to taking this one day at a time.”

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“Don’t worry, you are a hard-working student.”

“You feel stressed and are looking for ways to feel prepared.”

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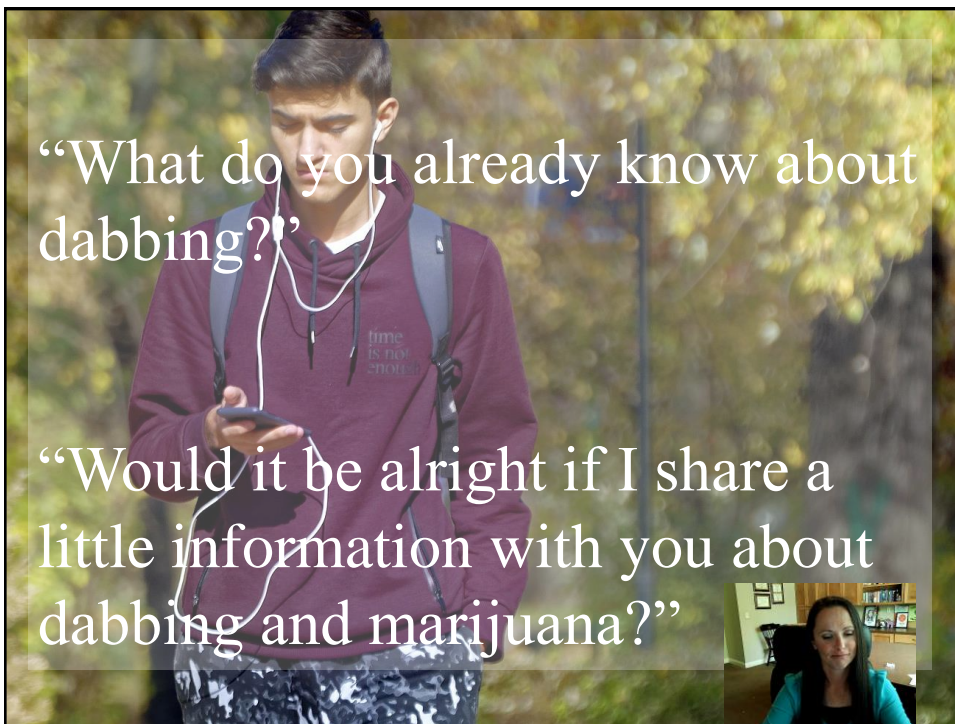


Advice With Permission



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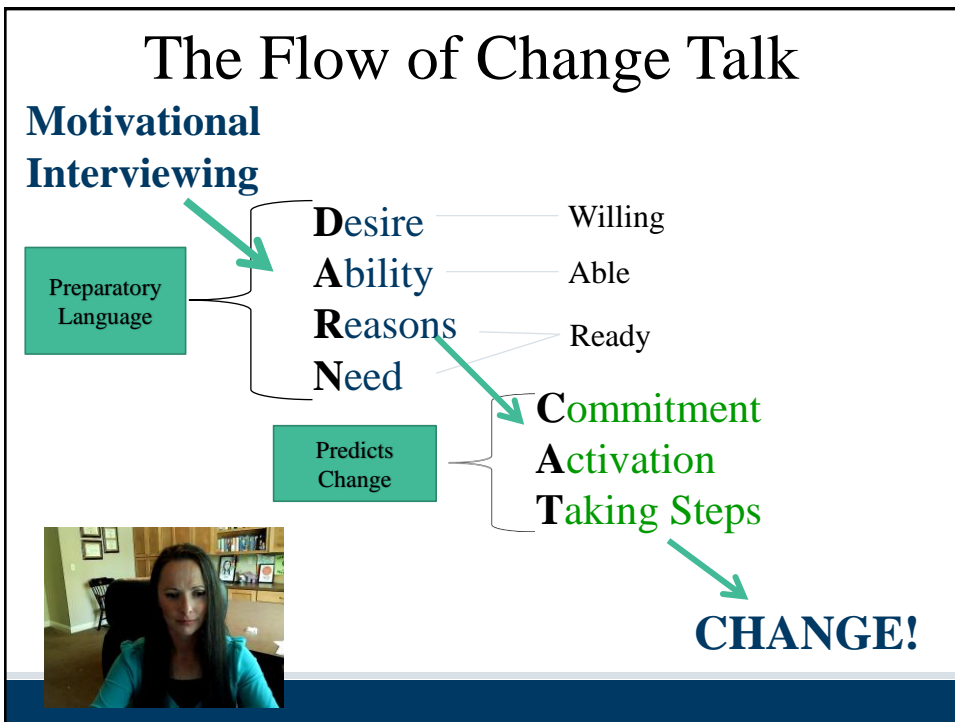
“What do you already know about dabbing?”

“Would it be alright if I share a little information with you about dabbing and marijuana?”

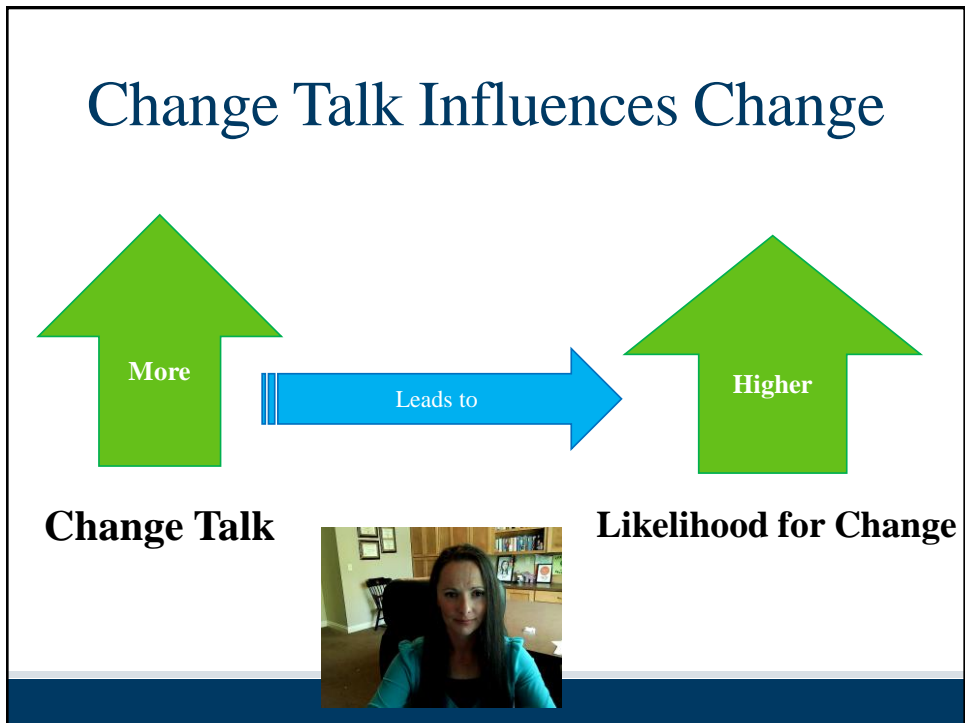
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Motivational Interviewing Books

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



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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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Thank You!

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