

Motivational Interviewing Brief Refresher

ECHO Series Behavioral Health/Psychotherapy Track

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Prevention Insights



SCHOOL OF PUBLIC HEALTH

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Bloomington

P R E V E N T I O N
INSIGHTS

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

No financial conflicts to disclose.



SCHOOL OF PUBLIC HEALTH

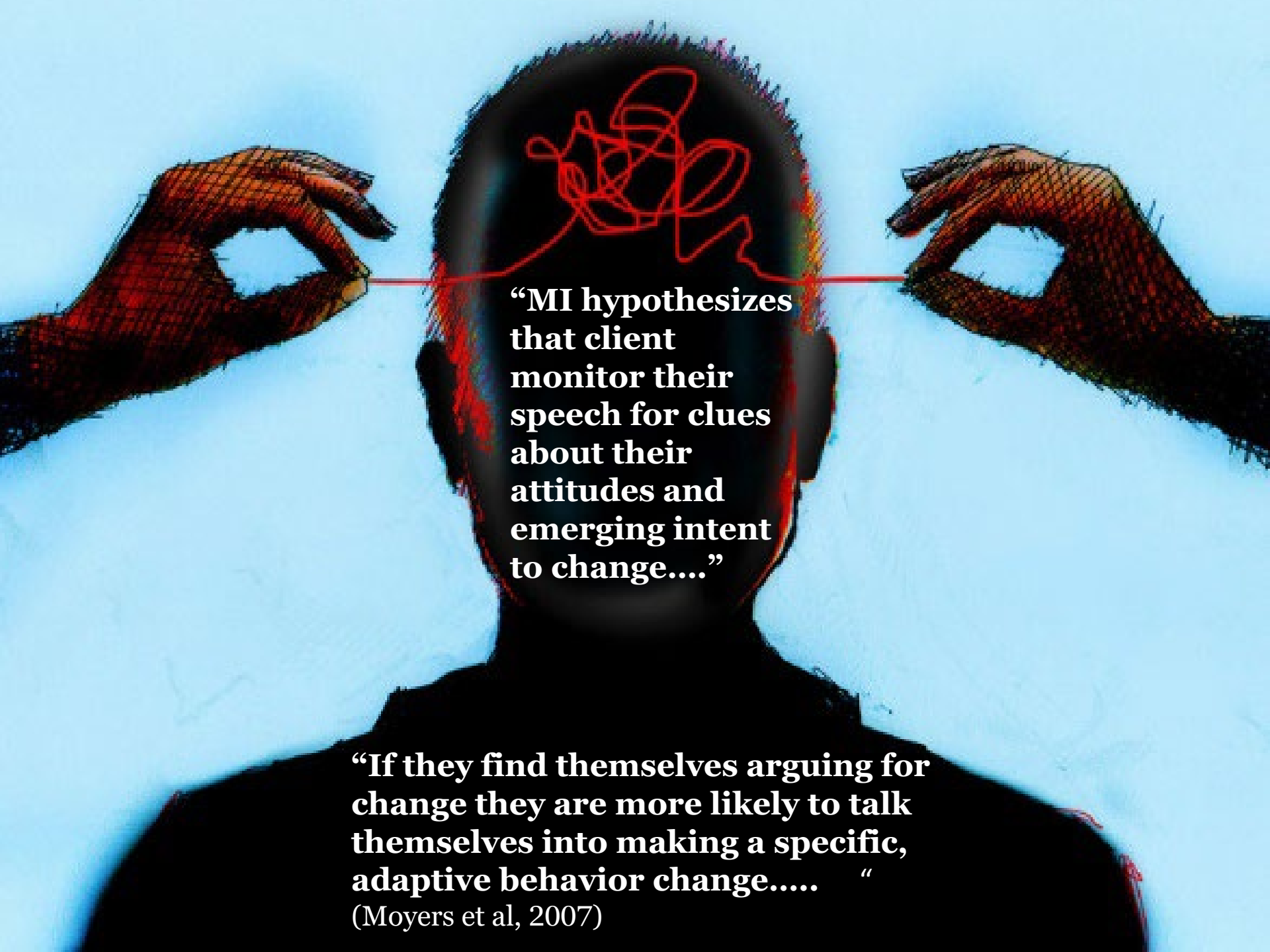
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P R E V E N T I O N
INSIGHTS
AT THE **INDIANA UNIVERSITY** SCHOOL OF PUBLIC HEALTH

A close-up photograph of four wooden blocks arranged in a row on a light-colored surface. The blocks are painted in different colors: blue, yellow, orange, and yellow. Each block has a large, black, serif letter printed on its front face. The letters, from left to right, are 'W', 'H', 'A', and 'T', spelling out the word 'WHAT'. The background is softly blurred, showing hints of purple and pink light. The lighting is warm, creating soft shadows and highlights on the blocks.

W **H** **A** **T**



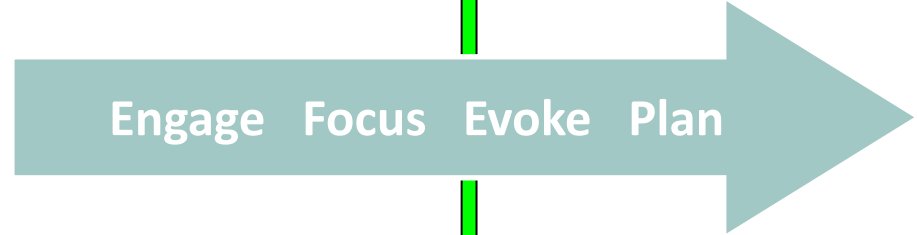
**“MI hypothesizes
that client
monitor their
speech for clues
about their
attitudes and
emerging intent
to change....”**

**“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)

Spirit



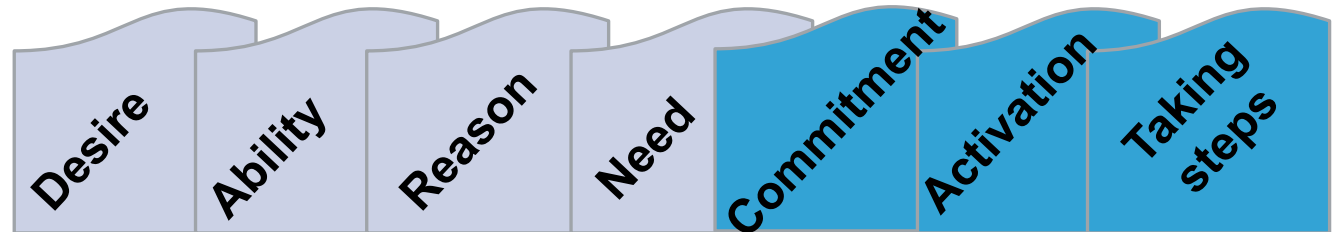
Processes



Skills



Change Talk



Motivational Interviewing

Skills of MI

A young girl with curly hair, wearing a white top, is kissing a woman on the cheek. The woman has her hair in a bun and is wearing a dark top with a choker and a necklace. They are outdoors, and the background is blurred, suggesting a public event or festival.

Open-ended Questions

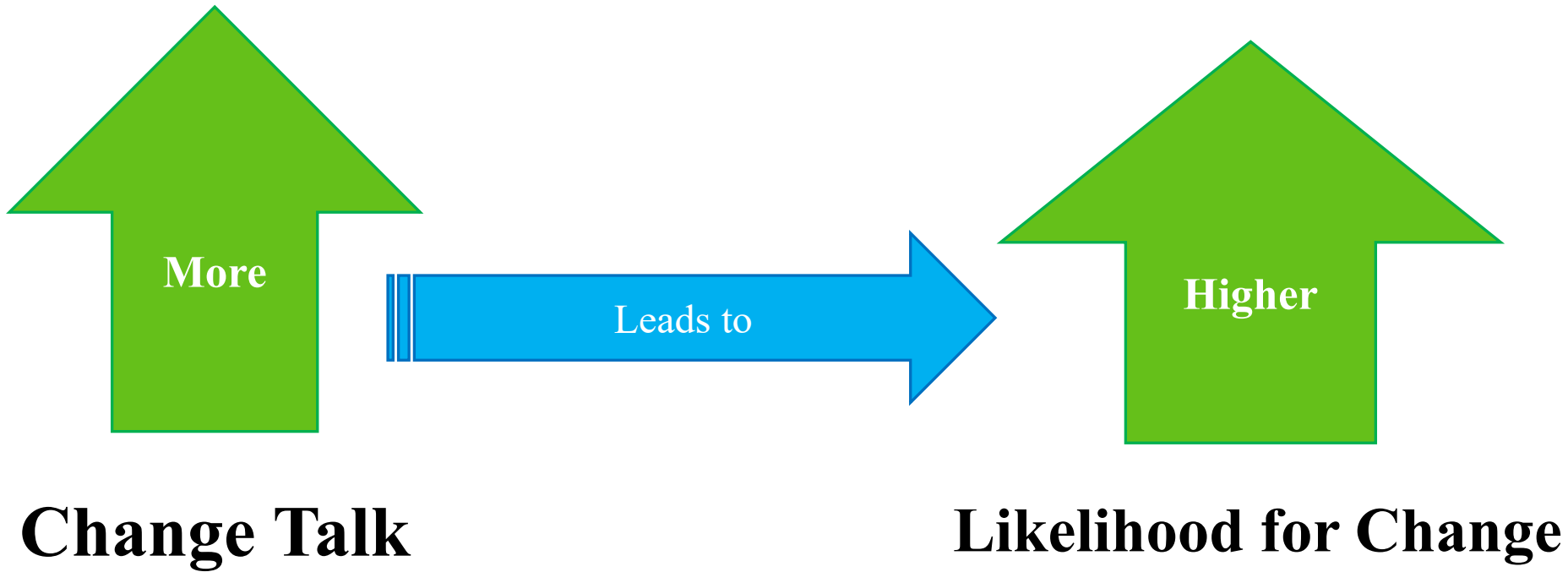
Affirmations

Reflections

Summaries

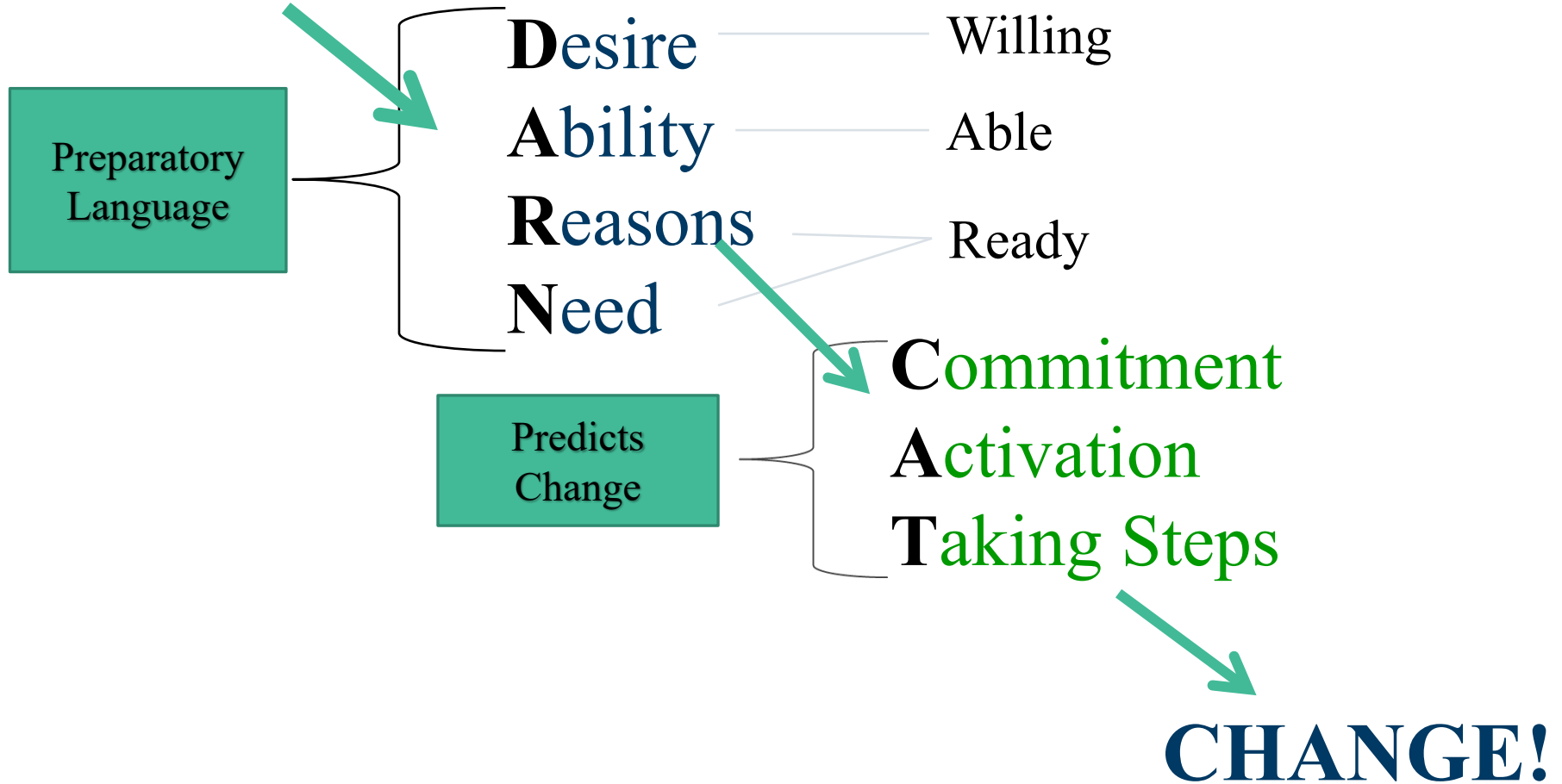
* Advice with Permission

Change Talk Influences Change



The Flow of Change Talk

Motivational Interviewing



“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 man, a woman, and two children) looking at a smartphone together outdoors near water. The man is in the foreground, wearing a white tank top, looking down at the phone. The woman is behind him, also looking at the phone. Two children are visible in the foreground, one with blonde hair in pigtails. The background shows water with sunlight reflecting off it.

“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



A young man with dark hair, wearing a maroon hoodie and a backpack, is looking down at his smartphone. He has white earbuds in his ears. The background is a blurred outdoor setting with green and yellow foliage. The text is overlaid on a semi-transparent white background.

“What do you already know about
_____?”

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

Strategy to MI

Engage **Focus** **Evoke** **Plan**

A young girl with dark hair, wearing a black shirt and colorful bracelets, leaning on a wooden railing and smiling. The background is dark and out of focus.

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. 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

Motivational Interviewing Websites

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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