

Using Motivational Interviewing

ECHO Non-Clinical Service SUD professionals

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Prevention Insights



SCHOOL OF PUBLIC HEALTH

INDIANA UNIVERSITY

Bloomington

P R E V E N T I O N
INSIGHTS

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

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What are your reactions to *Change*?



What Works Best?

Guiding



Directive



Following



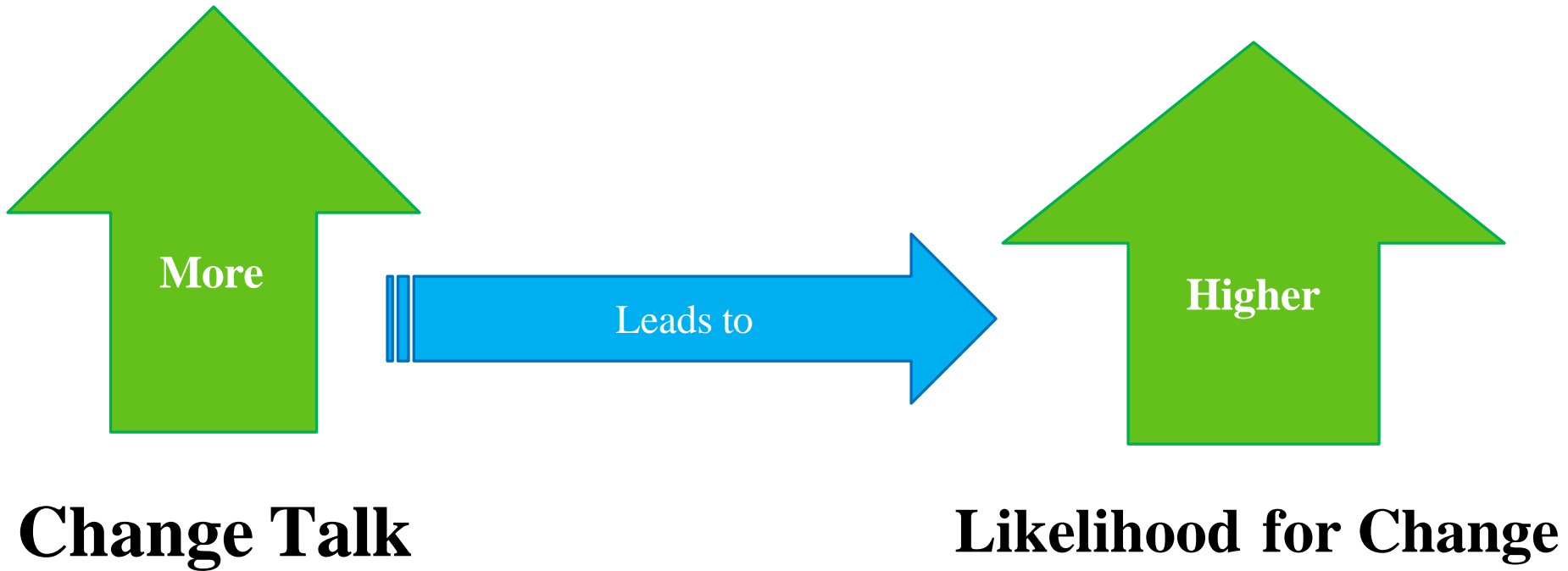
A silhouette of a person's head and shoulders against a light blue background. On top of the head is a red scribble. Two hands, one on each side, are holding a red string that loops around the head. The string is taut between the hands and forms a loop around the top of the head.

**“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..... “**

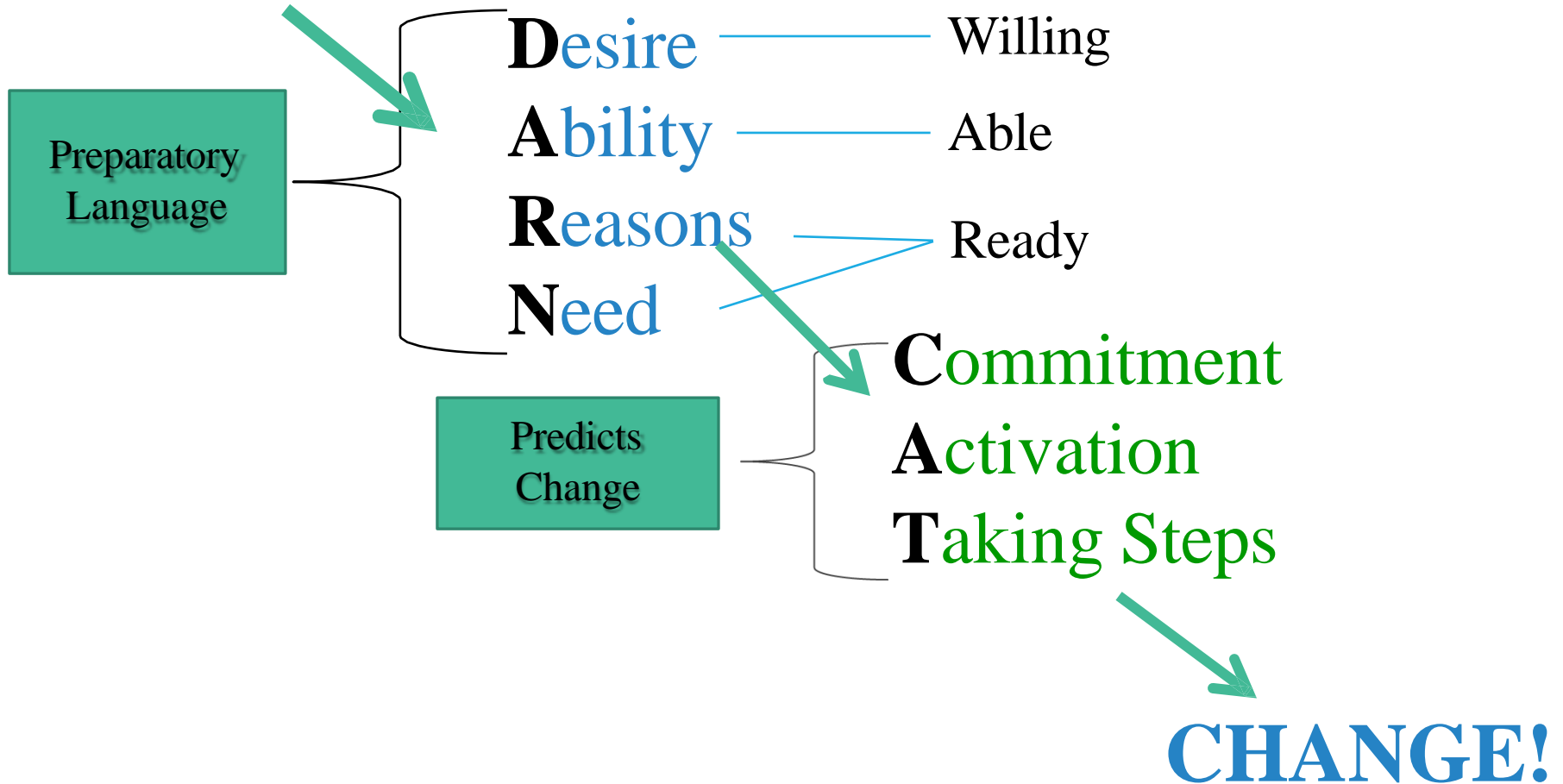
(Moyers et al, 2007)

Change Talk Influences Change



The Flow of Change Talk

Motivational Interviewing



What is MI?

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

-Miller & Rollnick

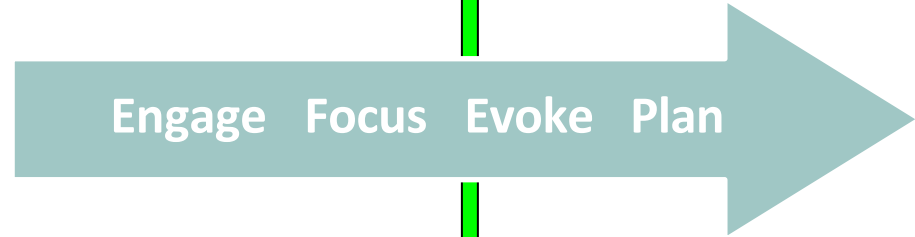
Application of MI

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

Spirit



Processes



Skills



Change Talk



Motivational Interviewing

“Righting Reflex”



Powerful desires to set things right, to heal, to prevent harm, to fix.

Urge to correct another’s course, often an automatic “reflex.”

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 top and a choker, and the girl is wearing a light-colored top. The background is a blurred outdoor setting with other people.

Open-ended Questions

Affirmations

Reflections

Summaries

* Advice with Permission



“Why aren’t you getting prenatal care?”

“How would getting prenatal care help you?”

A close-up photograph of a woman with brown hair and blue-rimmed glasses leaning her head against a young boy. They are both looking at a silver smartphone held by the boy. The woman has a gentle smile. The boy is wearing a blue and white striped button-down shirt. The background is a plain, light-colored wall.

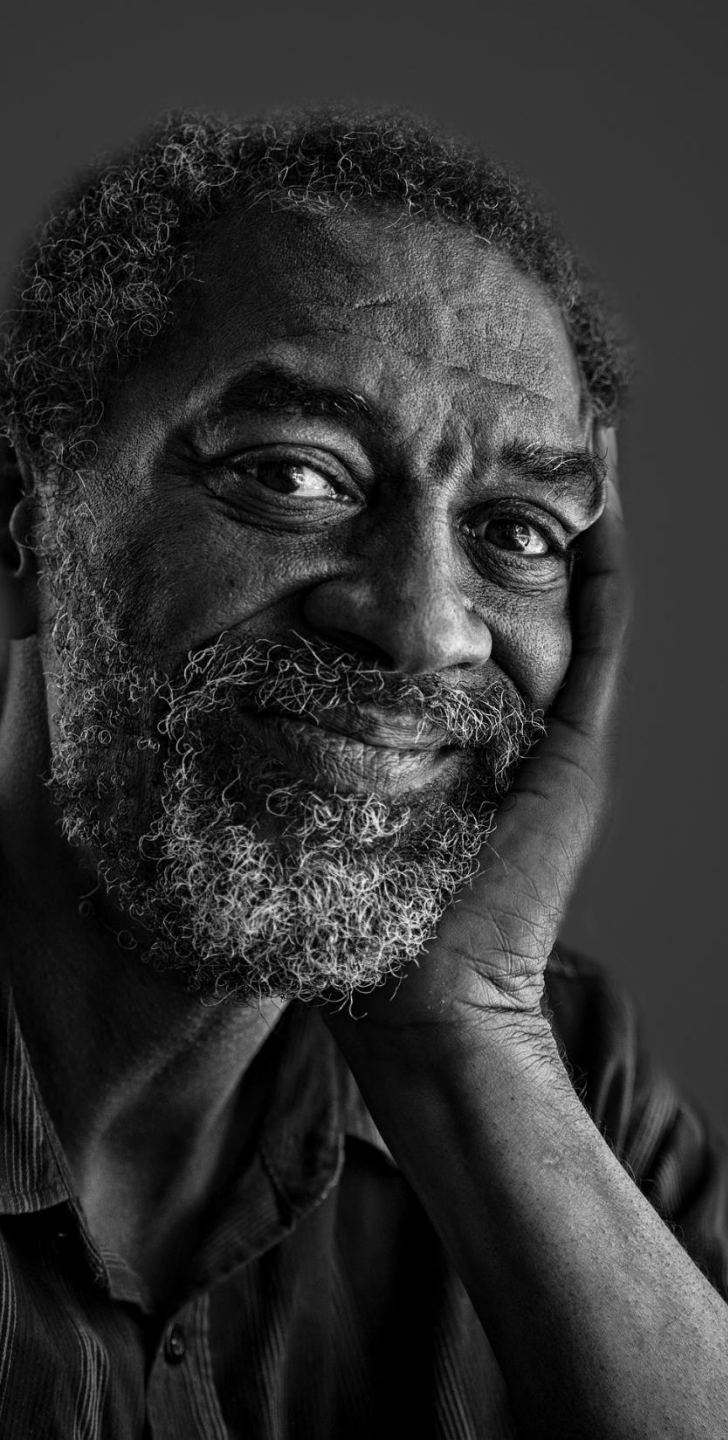
“You look nice today!”

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



“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



“What do you already know about
_____?”

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

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

Prevention Insights Training Portal:

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

PREVENTION INSIGHTS

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Applying
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Science



Building
Healthier
Communities
Across
America...



Thank You!

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