

Motivational Interviewing Brief Refresher

ECHO Series Peer Recovery Track

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Prevention Insights



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Financial Statements

Owner of MalloriDeSalle, LLC.

Do not have financial conflicts related to agreements with Pharmaceutical Companies



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WHAT



**“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

Open-ended Questions

Affirmations

Reflections

Summaries

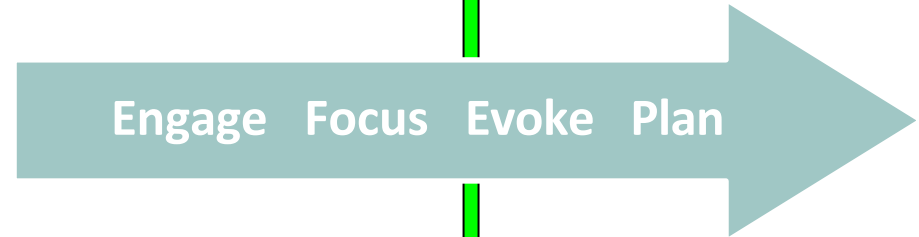
* Advice with Permission



Spirit



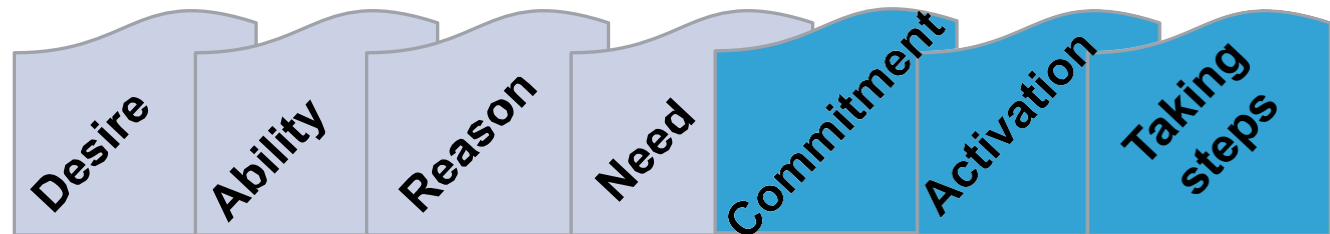
Processes



Skills

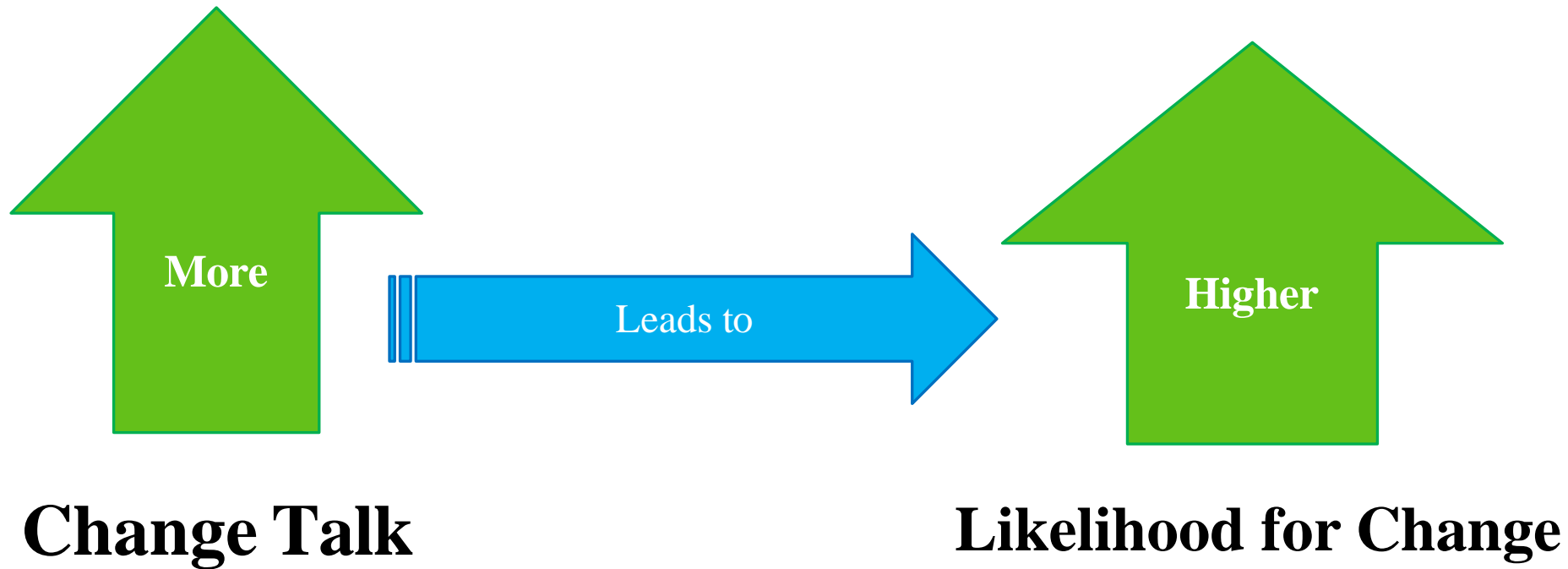


Change Talk



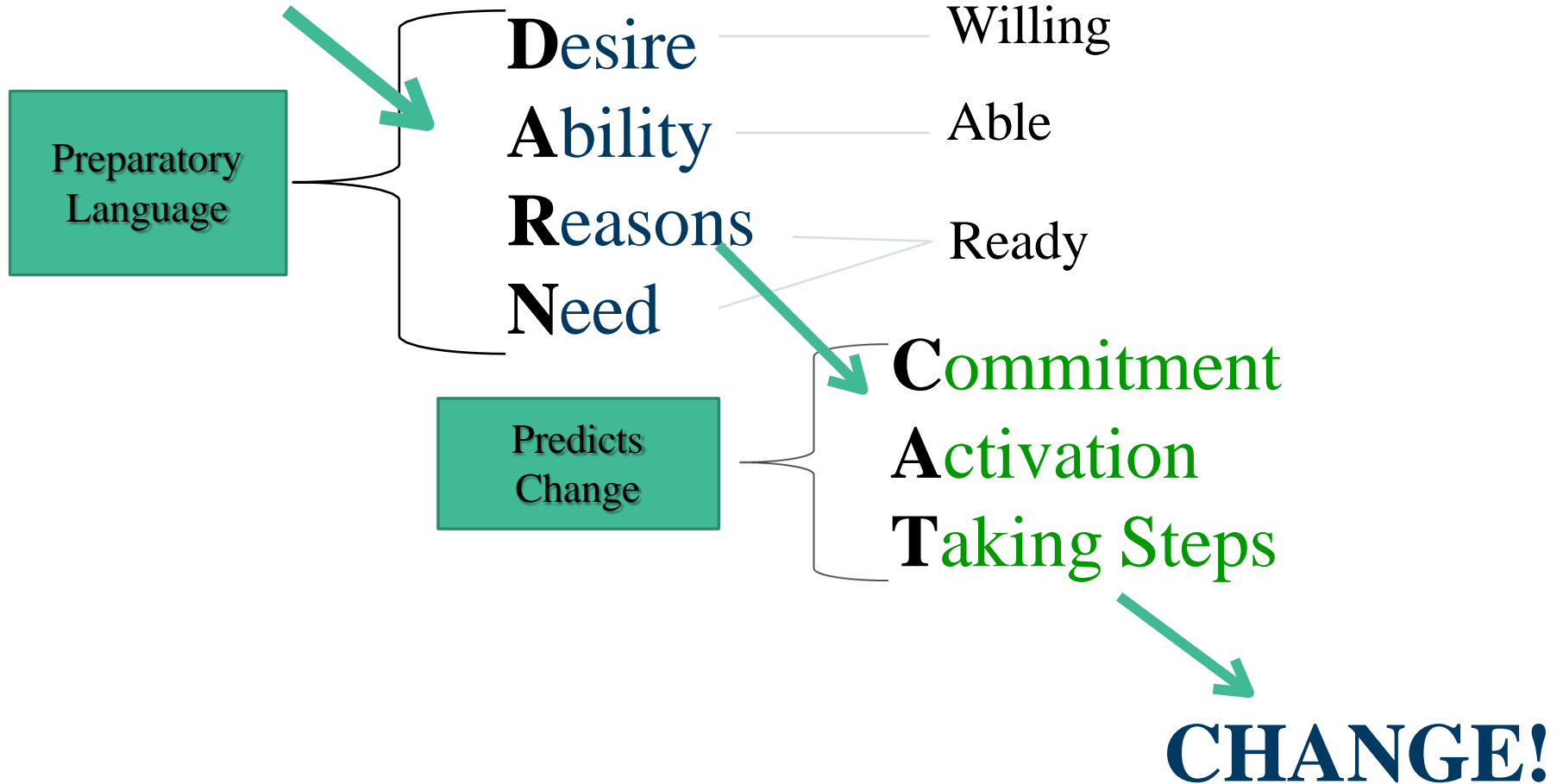
Motivational Interviewing

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?”



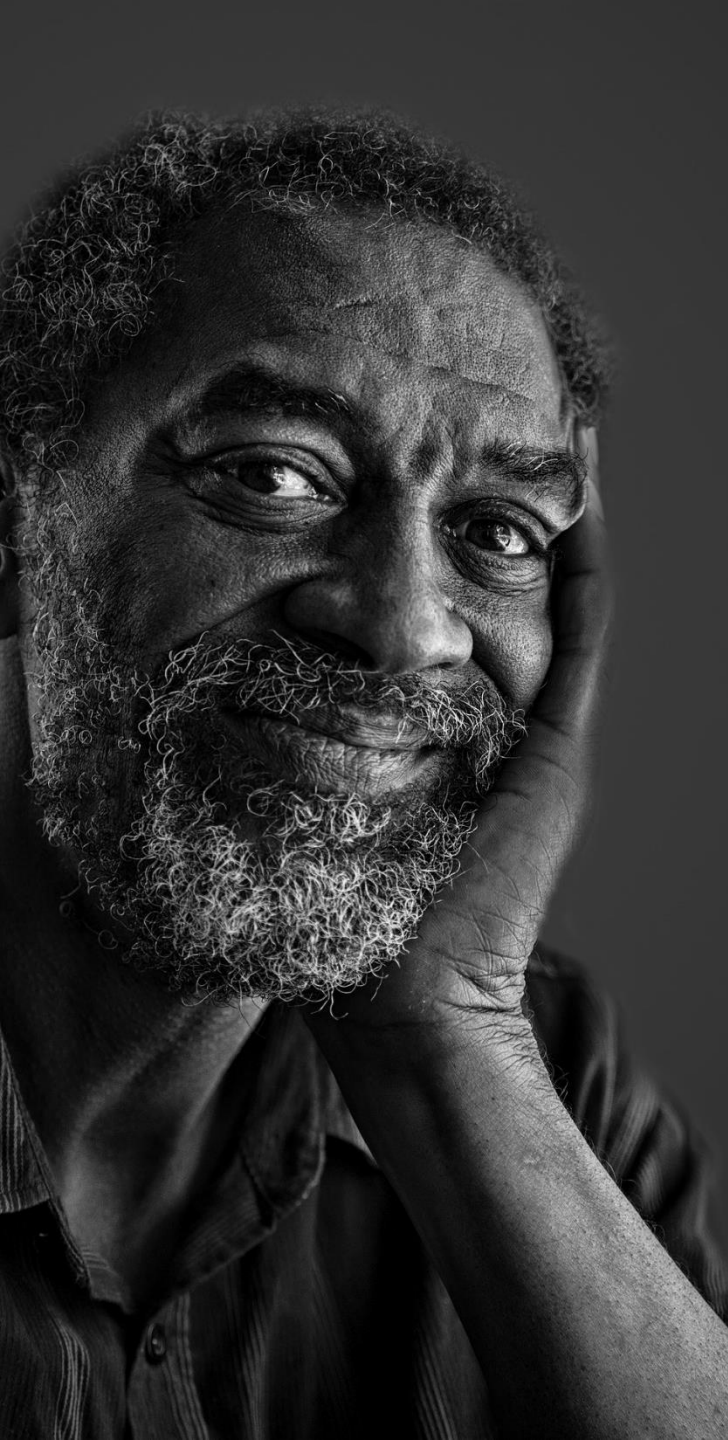
“You look nice today!”

“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 from behind, looking out over a body of water. The father, on the right, is bald and wearing a white tank top. The mother, in the center, has dark hair and is wearing a blue shirt. Two young children are in the foreground, also looking towards the water. The water is calm with some ripples and sunlight reflecting off its surface.

“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
_____?”



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 (3rd 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

MINT Website:

www.Motivationalinterviewing.org

Prevention Insights Training Portal:

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

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Applying
Addiction
Science



Building
Healthier
Communities
Across
America...



Thank You!

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