WELCOME

LSS/SWC Safe Harbor Training 12/21/16

Motivational
Interviewing

Nancy Cusack

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"Fifty years of outcome research shows that change doesn't result from focusing on the disorders, diseases, or dysfunctions of youth. Change is spurred by what's right with children adolescents-their resources, creativity, and relational support networks-not the labels they carry or even the techniques employed by professional helpers."

Duncan, Miller and Sparks (2007)
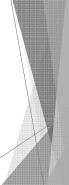
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Principles of Harm Reduction

Recognizes that the realities of poverty, class, racism, social isolation, past trauma, sex -based discrimination and other social inequalities affect both people's vulnerabilities to and capacity for effectively dealing with harmful situations.

Principles of Harm Reduction

Establishes quality of individual and community life and well-being, not necessarily cessation of all dangerous or harmful behavior as the criteria for successful interventions and policies.

Principles of Harm Reduction

Understands that some harmful behaviors are complex, multi-faceted phenomenon that encompasses a continuum of behaviors from dependence to abstinence, and acknowledges that some behaviors are clearly safer than others.
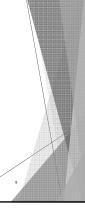
Harm Reduction and MI

▶ Harm Reduction and Motivational Interviewing are client centered and collaborative. Both allow the client to determine the direction of your work with one another.

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Motivational Interviewing

Motivational Interviewing is a personal-centered counseling style for addressing the common problem of ambivalence about change.
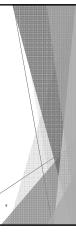
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Motivational Interviewing

-Focuses on exploring and resolving ambivalence.

-Centers on the motivational processes within the individual that facilitates change.

- Supports change in a manner congruent with the persons own values and concerns.

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The Spirit of Motivational Interviewing

Interpersonal

Collaborative

Evokes or draws out the client's ideas about change

Emphasizes the autonomy of the person

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The Principles of Motivational Interviewing

Express Empathy

Support Self-Efficacy

Roll with Resistance

Develop Discrepancy
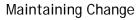
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How it works

Gives attention to the Language of Change.

It is designed to strengthen a persons motivation for and movement toward a specific goal by eliciting and exploring the person's own argument for change
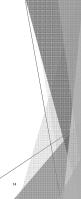
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Autonomy vs Authority

The true power for change rests within the client.

Ultimately it is up to the individual to follow through with making changes happen. It's empowering for the individual but also gives them responsibility for their actions.

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Maintaining Change

▶ There's a strong correlation between the maintenance of change and the degree to which clients attribute it to there own efforts.

Participants who attribute changes to a medication or counselor are less likely to maintain gains then those who view the improvement resulting from their own efforts

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Evocation

Drawing out the individuals own ideas.

Lasting change is more likely to occur when the person discovers their own reasons and Determination to change.
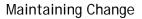
Our job is to "draw out" the person's own motivations and skills for change.
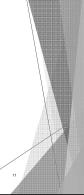
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Develop Discrepancy

Motivation for change occurs when there is a mismatch between "where they are and where they want to be."

Help the young person examine the discrepancies between their current circumstances / behavior and their values and future goals.

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Maintaining Change

Those who attribute changes to their own efforts rather than chance are more likely to maintain gains regardless of cause.

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Key features of the Stages of change model

Views change as a process rather than an event

The change process is characterized by a series of stages of change.

In attempting to change a behavior a person typically cycles through these stages of change

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PRASKA'S STAGES IF CHANGE

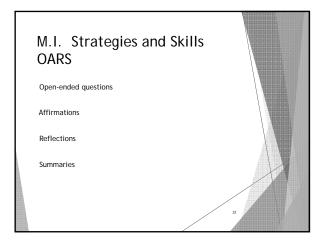| STAGE	PROCESS	GOAL	STRATEGIES
PRE-CONTEMPLATION	CONSCIOUSNESS RAISING	INCREASE SELF AWARENESS	ESTABLISH RAPPORT
CONTEMPLATION	CONSCIOUSNESS RAISING THINKING ABOUT CHANGE BUT APPREHENSIVE	TIP THE BALANCE MOVE FROM AWARENESS OF THE PROBLEM TO AWARENESS OF THE SOLUTION	DISCUSS AND HELP WAY PROS AND CONS OF CURRENT BEHAVIOR EMPHASIZE CLIENTS FREE CHOICE & RE-SPONSIBILITY ELICIT CHANGE TALK

PRASKA'S STAGES IF CHANGE

STAGE	PROCESS	GOAL	STRATEGIES
PREPARATION	COMMITMENT	DETERMINE BEST SOURCE	OFFER MENU OF OPTIONS NEGOTIATE A CONTRACT OR PLAN AGREEMENT ON GOALS AND STRATEGIES

PRASKA'S STAGES OF CHANGE

STAGE	PROCESS	GOAL	STRATEGIES
ACTION	ENVIRONMENT CONTROL HELPING RELATIONSHIPS	TAKE STEPS TO CHANGE	ACKNOWLEDGE DIFFICULTIES AND SUPPORT ATTEMPTS. SUPPORT PERSERVERANCE AND SELF EFFICACY
MAINTENANCE	COMITMENT	PREVENT RELAPSE	SUPPORT AND AFFIRM CHANGES REHEARSE NEW COPING STRATEGIES REVIEW GOALS

M.I. Strategies and Skills
OARS

Open-ended questions

Affirmations

Reflections

Summaries

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OARS

► Reflections- the client comes to understand from their perspective.

► Reflective listening is a core intervention toward guiding the client toward change supporting the goal directed aspect of M.I.

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Kinds of Change Talk
DARN-C

Desire- statements clients make about preference for change

I would like to
I wish
I really want to get a job

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Desire-Ability-Reasons-Need-Commitment

Ability- statements clients make about self-capability

I think I could handle going back to school.
I know that I can do well if I put my mind to it.

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Reasons

Statements clients make that are specific arguments for change.

I know I would feel better about my self if I was back in school.
I always felt better about myself when I was in school

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Desire-Ability-Reasons-Need-Commitment

Commitment –Statements clients make about the actions they will make.

I'm going to enroll in school
I'm going to go visit my school counselor

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Questions to ask yourself

► Are the goals mine or theirs?
► Am I trying to convince them to change?
► Am I listening more or talking more?
► Are they following my directions or learning transferable skills? i.e. skills they already possess.

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Questions?

Next Steps

Take the survey.
Do it.

JOIN US FOR OUR NEXT TRAINING:

SWC Safe Harbor Training Save-the-Date

February 15, 2017
Self Care
11:30-1:00 LSS State Center

STREETWORKS

Lutheran
Social Service
of Minnesota

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