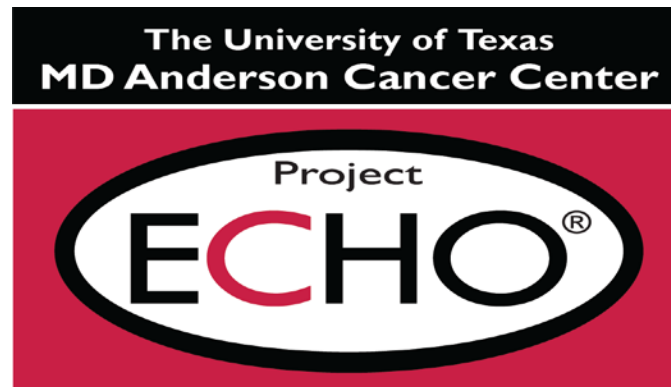


Project TEACH

Motivational Interviewing in Tobacco Cessation: An Overview - Part 1

Mark Evans, MSW, LCSW, CTTS

Member, Motivational Interviewing Network of Trainers (MINT)



Video

What Motivational Interviewing is **not**...

<https://www.youtube.com/watch?v=36MEqSyGIVY>



What is MI?

A particular **conversation** about change.

MI is **collaborative**. A person-centered partnership, honors **autonomy**.

Responsibility for **change** is with the client.
Expertise—whose?



What is MI?

MI is accepting.

MI is evocative. It seeks to call forth the person's own motivation and commitment.

MI is compassionate.



The Appeal of Motivational Interviewing

- Ambivalence/Sustain Talk
- Flexible. Alone or in combination.



The Appeal of Motivational Interviewing

- Evidence-based
- It is learnable
- Brief/long-term

*Dwell in
possibility...*

*emily
dickinson*



Three Definitions of MI (2013)

From: Miller, William R. and Stephen Rollnick.
Motivational Interviewing: Helping People
Change. Third Edition. New York: The Guildford
Press. 2013





2) Pragmatic Practitioner

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



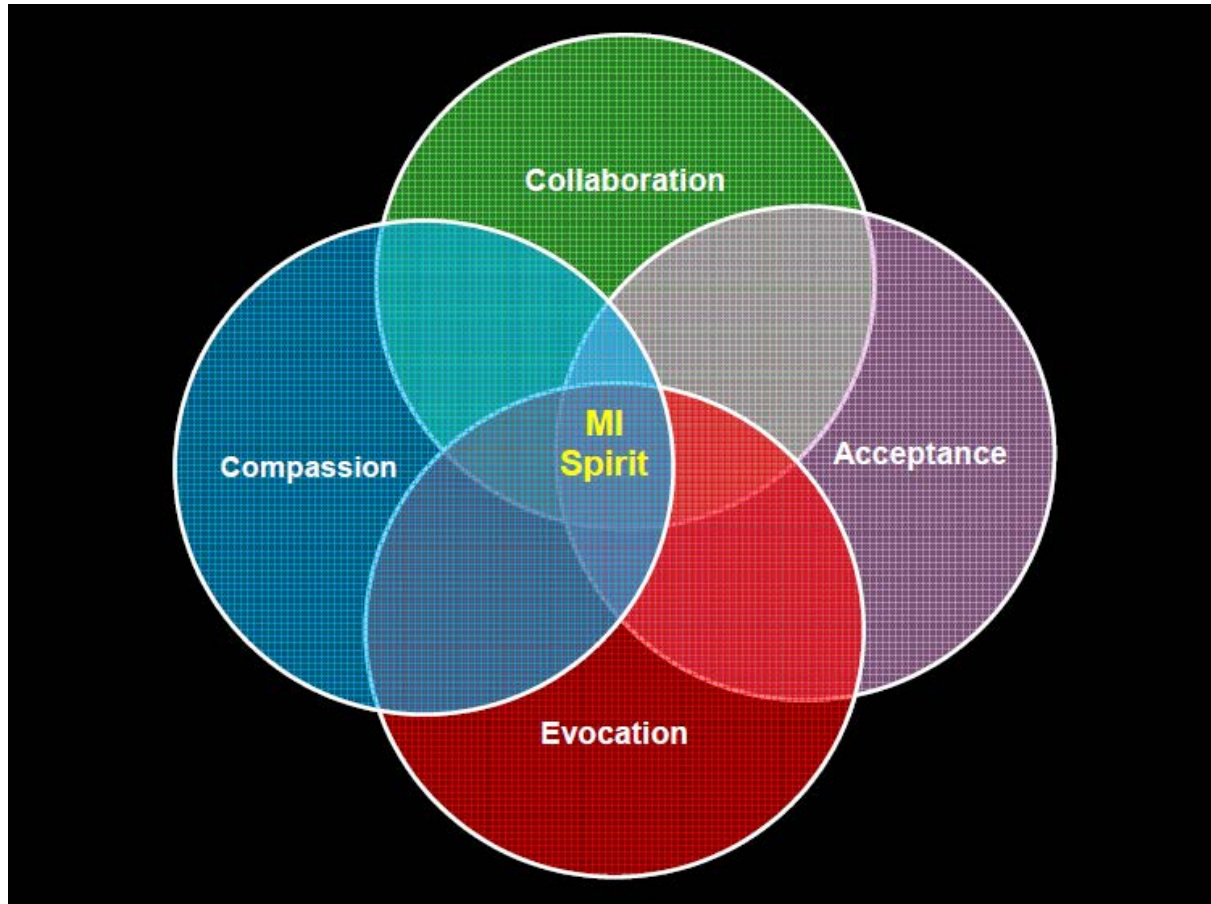
3) Technical/Therapeutic Definition

Motivational interviewing is a **collaborative, goal-oriented** style of communication with particular attention to the language of **change**. It is designed to strengthen personal motivation for and commitment to a specific goal by **eliciting** and exploring the person's own reasons for change within an atmosphere of **acceptance** and **compassion**.

What is MI? 😊

“A conversation about change...”

The Spirit of Motivational Interviewing



From: Advanced Motivational Training Two Day Seminar facilitated by Drs. Miller and Moyers. April 2012: Albuquerque, New Mexico

Dancing not Wrestling



5 Questions to Try

1. Why would you want to quit smoking (make this change)?
2. How important is it for you to make this change and why?
3. What are the three best reasons for you to do it?
4. How might you go about it in order to succeed?
5. So what do you think you'll do between now and the next time we talk/meet?

Miller, William R. and Stephen Rollnick. *Motivational Interviewing: Helping People Change*. Third Edition. New York: Guilford Press. 2013 .

Time permitting—demonstration/role play....

Debrief

Using MI Skills to Help People Change

- **RESIST** the urge to try to change a person's course of action by telling them what to do
- **UNDERSTAND** it is the individual's reasons—not those of the practitioner—that will bring about a change in behavior
- **LISTEN** to what the individual says; the solutions lie within the individual, not an outsider
- **EMPOWER** the individual to understand that s/he has the ability to change her/his behavior.

What is MI and how do we “do” MI? *To be Continued...*

Same Time...

*Same Station...in
the weeks/months
to come!*



ACKNOWLEDGEMENTS/REFERENCES

Unless otherwise noted, the materials in this presentation are from/adapted from the following publications/individuals/organizations:

Miller, WR and Rollnick, S. *Motivational Interviewing. Helping People Change.* New York: The Guilford Press. 2013. Third Edition.

The Motivational Interviewing Network of Trainers (MINT), and especially MINT members Patricia Figueroa, M.Ed., Lorraine Reitzel, Ph.D., Nanette Stephens, Ph.D., Theresa Moyers, Ph.D., Kenneth Resnicow, Ph.D., Stephen Rollnick, Ph.D. and William Miller, Ph.D. for training, mentoring, and sharing of materials.

The Motivational Interviewing website: <http://www.motivationalinterviewing.org/>

Percival, Jennifer. Using Motivational Interviewing (MI) Skills to Help People Change. *Perspectives in Public Health.* Vol 137, No 5, Sept 2017. pp. 256-257.

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