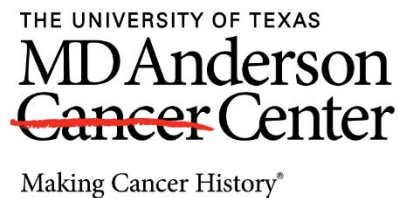


Motivational Interviewing: A Brief Overview—Part 1

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*Dwell in
possibility...*

*emily
dickinson*



What is MI?

A particular **conversation** about change.

MI is collaborative. A person-centered partnership, honors autonomy (not expert-recipient). Responsibility for change is with the client. Client is expert on her/his own life.

What is MI?

MI is accepting.

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

MI is compassionate.

Video

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

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

The Appeal of Motivational Interviewing

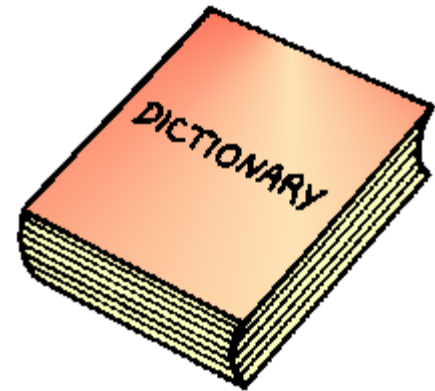
- It directly addresses a significant issue common to all therapies/interventions: **sustain talk** (previously know as resistance).
- It is flexible and can be used as a stand-alone approach, in combination with other therapies/interventions, or as an adjunct to other therapies/interventions.

The Appeal of Motivational Interviewing

- It is an empirically-supported effective approach.
- It is learnable and can achieve therapeutic effects relatively briefly.

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



1) Layperson's Definition

Motivational Interviewing is a collaborative conversation style for strengthening a person's own motivation and commitment to change.

Intrinsic vs Extrinsic Motivation

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 Motivational Interviewing (in review)?

1. MI is a particular kind of **conversation** about change.
2. MI is **collaborative** (person-centered, partnership, honors **autonomy**, NOT expert-recipient).

What is Motivational Interviewing?

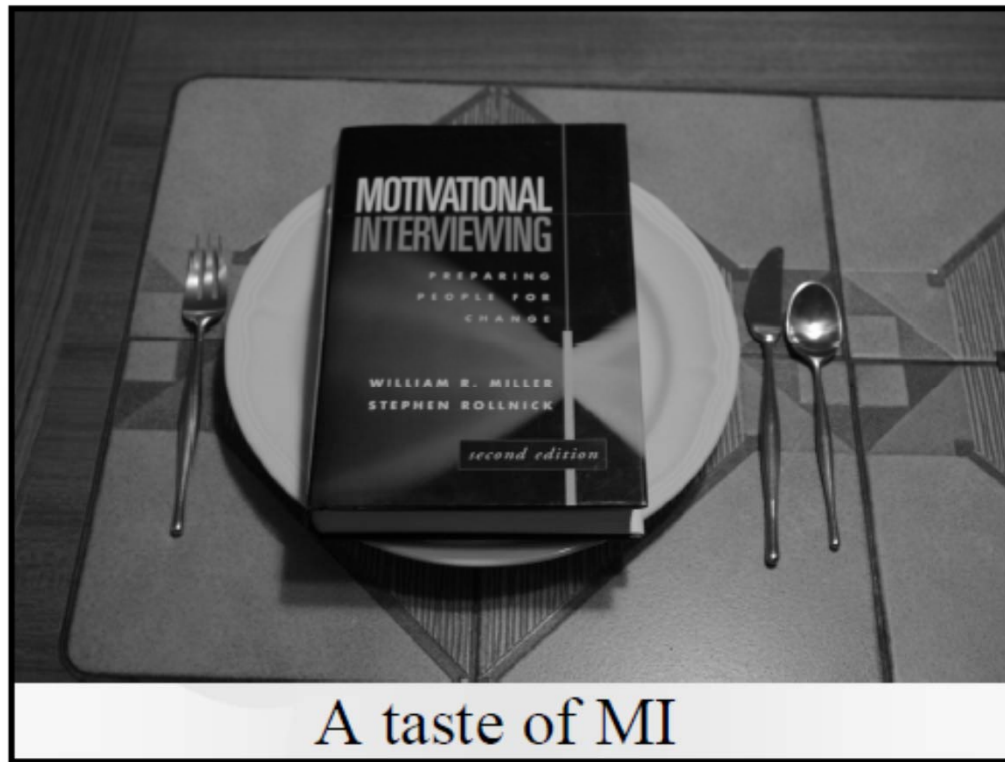
3. MI is **evocative**, seeks to call forth the person's own motivation and commitment.
4. MI is **compassionate**. The needs of the client are primary.

The Spirit of Motivational Interviewing



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

The Processes of Motivational Interviewing (2013, Third Edition)



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

Four Fundamental Processes in MI

*Relational
Foundation*

*Motivational
Interviewing*

4. Planning

3. Evoking

2. Focusing

1. Engaging

The Processes of MI

- *Engage: the process by which both parties establish a helpful connection and a working relationship*
- *Focus: process by which you develop and maintain a specific direction in the conversation*

The Processes of MI

- *Evoke: having the person voice the arguments for change*
- *Planning: involves both developing commitment to change and formulating a concrete plan of action*

Video

What Motivational Interviewing is...

<http://motivationalinterviewing.org/home>

Dancing not Wrestling



5 Questions for Beginners

1. Why would you want to make this change?
2. How might you go about it in order to succeed?
3. What are the three best reasons for you to do it?
4. How important is it for you to make this change and why?
5. So what do you think you'll do?

What is MI and how do we “do” MI?

To be Continued...

Same Time...
Same Station...



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.

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

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