



Module 2

The Spirit of Motivational Interviewing



MHTTC

SAMHSA

Substance Abuse and Mental Health
Services Administration



REVIEW

Module 1

Collaborative
Supportive
Conversational
Guiding

1. An approach to help people considering change
2. Strengthens motivation and commitment for change
3. Helps examine ambivalence towards change
4. Best communication style for MI - Guiding
5. Resist “righting reflex”

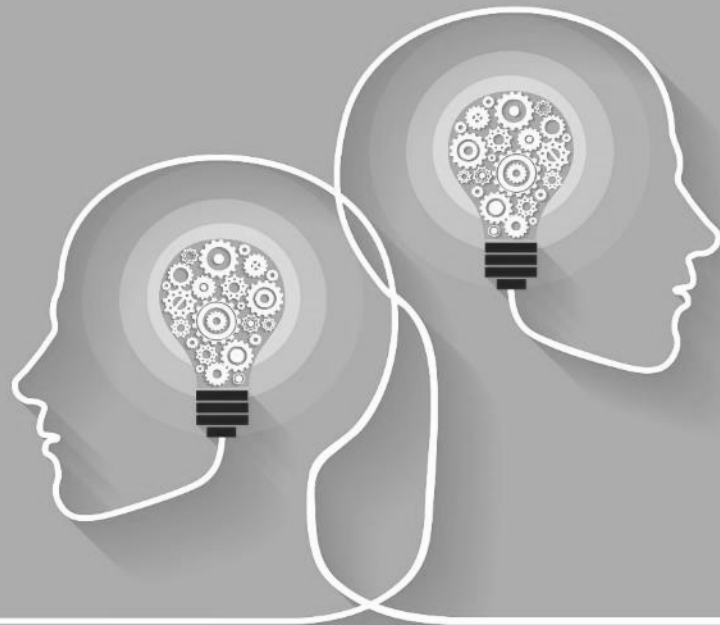


REVIEW

Module 1

Collaborative Supportive Conversational Guiding

1. What was the most important thing you took away from Module 1?
2. How did your work with participants change based on what you learned in Module 1?
3. What questions do you have?



Communication Styles

Directing

Guiding

Following

Best For MI



Module Objectives

1

Describe the four elements that make up the spirit of MI

2

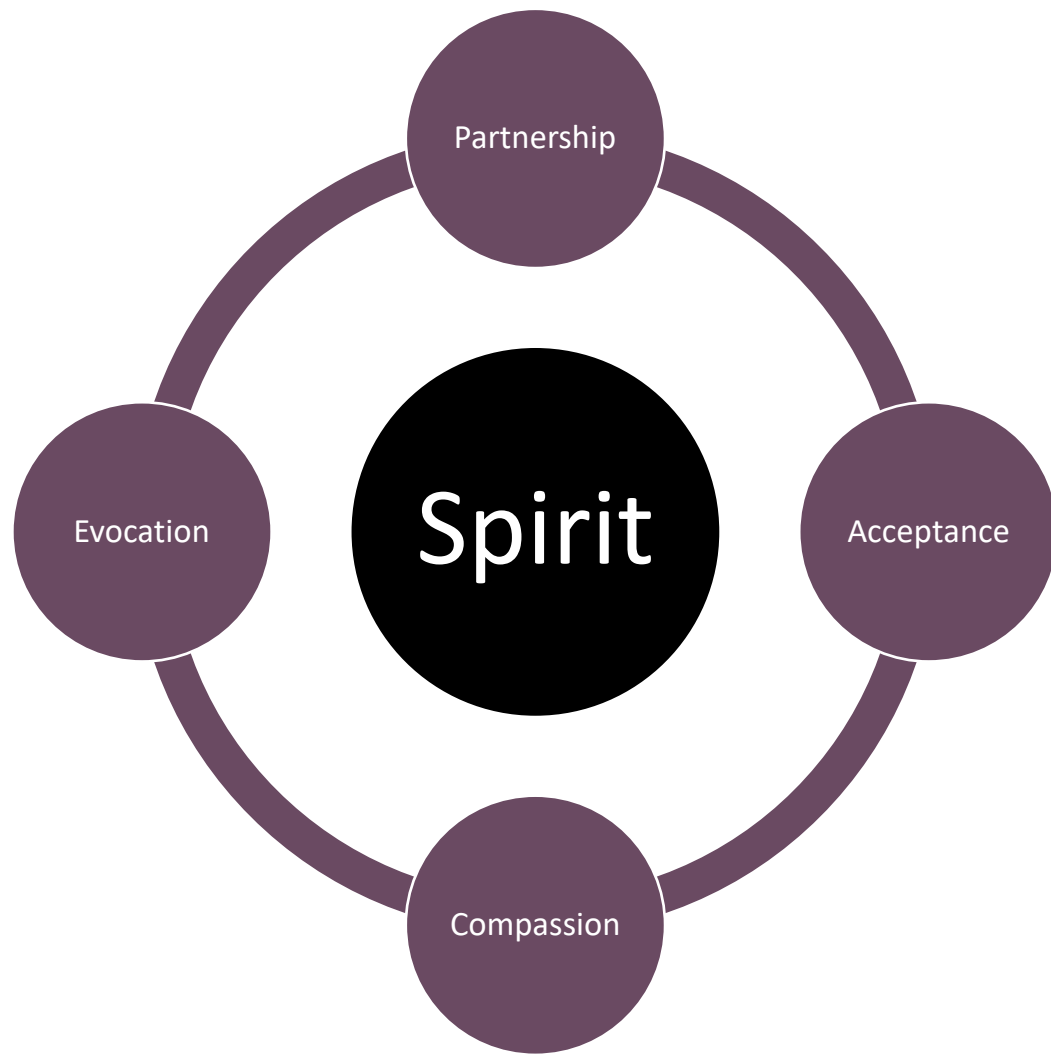
Explore how each of the four elements contributes to positive behavior change

3

Reflect on your own individual change process

4

Convey the spirit of MI in your work as behavioral health practitioners



The Four Elements of MI



ACTIVITY

PARTNERSHIP

Consider the characteristics of the person you identified as supporting the successful change you talked about previously.

Ask:

1. How did this person partner with you?
2. What did it feel like to have the person partner with you?
3. How would you describe the opposite of this partnership?

Share your thoughts with the group.



ACCEPTANCE

Absolute Worth
Empathy

Autonomy
Affirmation



COMPASSION

“

Compassion is a deliberate commitment to pursue the welfare and best interests of the other.

Miller & Rollinick, 2013

”



EVOCAATION

“

*You have what you need and together
we will find it.*

”



ACTIVITY

Self-Reflection

3 minutes

Independently, think about the following questions and be ready to share with the group.

1. Which element(s) of MI spirit best fits with how you currently work?
2. Which element(s) might pose some challenges to how you currently work?
3. Why might you be interested in bringing all MI spirit elements to your work?



ACTIVITY

Taste of Motivational Interviewing

3 minutes

Pair up: 1 Speaker, 1 Listener

Speaker: Identify something about yourself you want to change - something you're ambivalent about.

Listener:

1. Listen carefully with a goal of understanding the dilemma, give NO advice.
2. Ask these questions: Why do you want to make this change? How might you go about it, in order to succeed? What are the three best reasons to do it? On a scale from 0 to 10, how important would you say it is for you to make this change?
Follow-up: And why are you at ___ and not zero?
3. Give a short summary/reflection of the speaker's motivations for change.
4. Ask: "So what do you think you'll do?" and just listen.



SUMMARY

Module 2

Partnership
Acceptance
Compassion
Evocation

1. The person making the change is the expert
2. The individual has value, we support their autonomy
3. We work in service of our clients
4. People have wisdom and resources to change



Questions?