

A Splash of M.I.

A MOTIVATIONAL INTERVIEWING APPLICATION OF SKILL TRAINING

Agenda

25% review

75% practice

01 Intro

02 Review: Spirit of MI +
Sustain Talk

03 Review: Sailing into
Change (OARS)

04 Sustain Talk Practice

05 Change Talk Practice

06 Wrap

M.I. Poll :
What do you
know?

a little about me

- Completed the Train the Trainer Series with the trainers from the Motivational Interviewing Network of Trainers (MINT)
- M.I. makes talking easy, because you don't.

ground rules

R.E.S.P.E.C.T.

“LEARN SOMETHING FROM THIS!” –
Tyra Banks

Please have fun

Anything else?

why are we here?

Story Time!

You don't have the answers, they do.

How do you evoke?

objectives

Exercise increased MI knowledge

Have more immediate applicable MI techniques

Reinforce consistent MI skills in home visits, hospital visits & parallel situations

review of concepts

Spirit of MI
&
Sustain Talk

review of concepts

SPIRIT OF MI

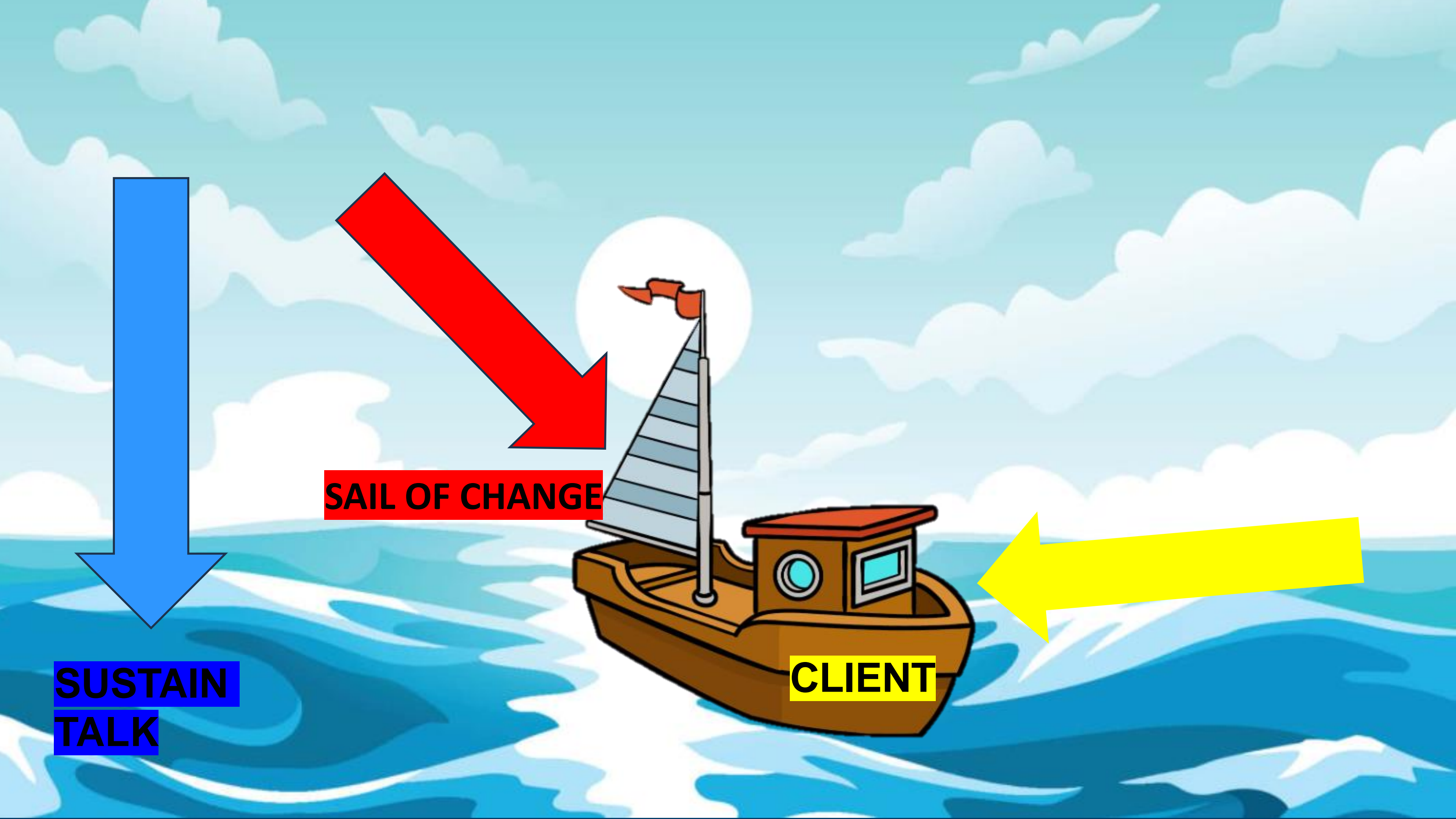
PARTNERSHIP: active collaboration

ACCEPTANCE: actively accepting what someone brings to the conversation

COMPASSION: promoting other's welfare and needs

EVOICATION: drawing out what's inside of the person





**SUSTAIN
TALK**

SAIL OF CHANGE

CLIENT

you don't have the
answers, **THEY** do!

sustain talk:

Sustain Talk: speech that favors the status quo rather than movement toward change.

It's the water in which we navigate in M.I.

The more we remain in it, the rougher it will be to steer towards change.

why?

Change is hard! Humans are hard wired to resist change

Fear of the unknown

Effort

Self Control/Impatience

Fear of Failure

Neural Pathways

examples

I'm not ready to give up smoking.

Yes, cigarettes are bad for my asthma, but they keep me calm.

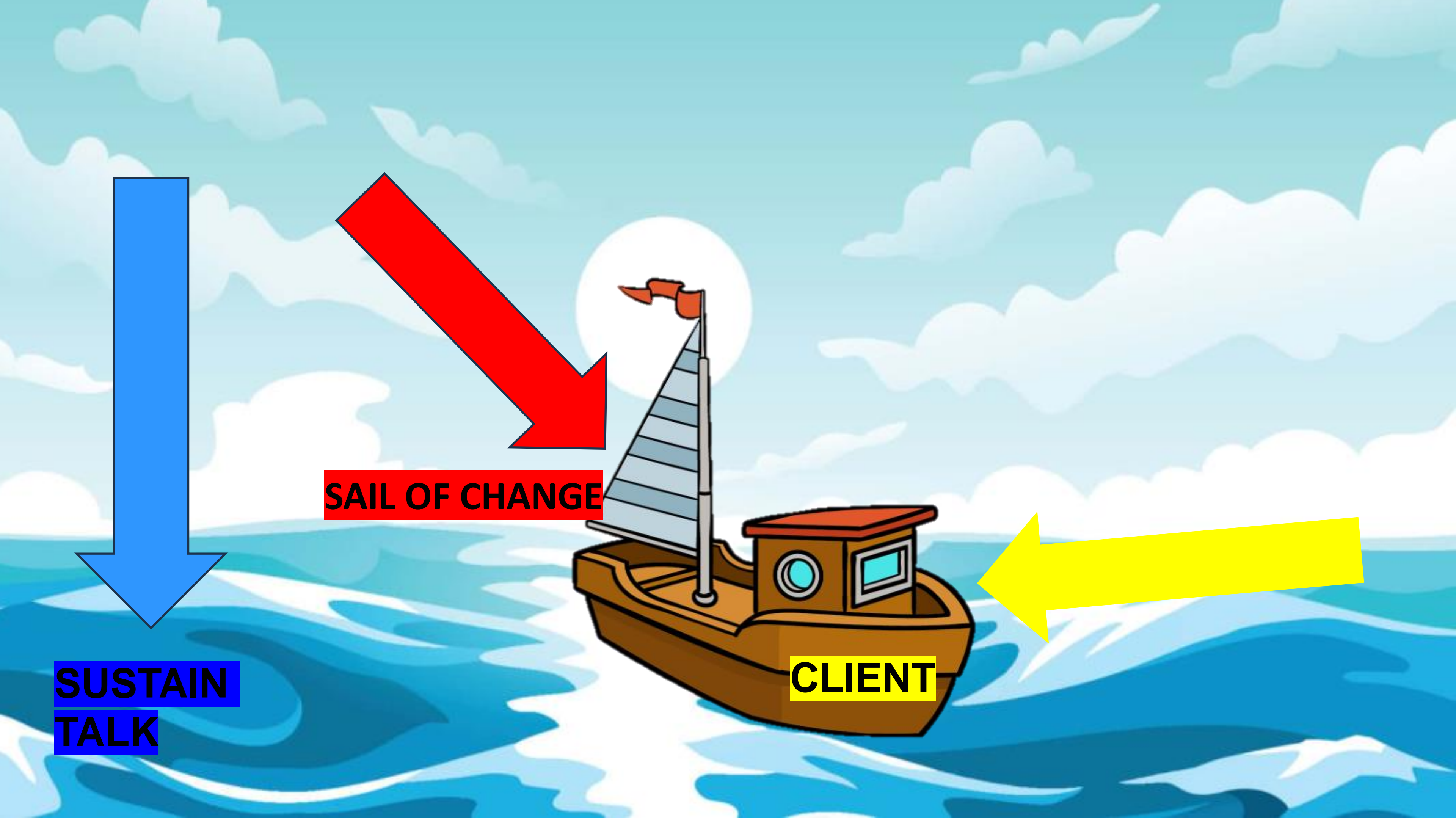
Having a drink while babysitting isn't that bad. I only got drunk twice.

questions?

sailing into change



I'm sailing!



**SUSTAIN
TALK**

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sailing into change

OARS Review

Reflections

Affirmations

sailing into change

O.A.R.S. REVIEW



sailing into change

O.A.R.S.

Open Ended Questions

Affirmations

Reflections

Summary

O.S.R.A. ????

O sra

Open ended questions

1

Have you eaten today?

What brings you in today?

2

How is your mom?

3

What did you want to discuss?

Are you tired?

Is breastfeeding the reason you're here?

4

Your child is really important to you?

Is joy the only thing you're missing?

What's your plan?

oSra

Summary

I'm really proud of the work I've done to become more present in my child's life. I know that I wasn't showing up in the PTA meetings before but I made 2 in the last quarter! I even picked him up from basketball practice on Thursday. It makes me feel good even though it's exhausting. I'm working some long days – early mornings and finishing with him late at night, but things are moving forward. All for the better, I hope.

OARS REVIEW

REFLECTIONS:

Statements that give voice to a client's feelings, values, and attitudes.

SIMPLE:

Doesn't add to what the client says

COMPLEX:

Adds substantial meaning or emphasis to what the client has said

examples

We already went over this and don't have anymore time.

Simple Reflection: You have reviewed the material and don't have any time.

Complex Reflection: Your time is valuable to you, and you're interested in maximizing it during these meetings.

questions?

from reflections to affirmations



osrA

AFFIRMATIONS

Statements that acknowledge a client's attempt to change, successes, and strengths.

BE SPECIFIC!

Builds confidence

DON'T PRAISE!

no stems!

Begin with YOU!

It sounds like...
I understand...
I can tell...
It feels like...



You are...
You really...
You've completed...

examples

Losing weight is doing wonders for my blood pressure.

Affirmation: Your commitment to your health is proving to be beneficial for you.

I lost my mom, but I'm finishing school because she'd want me to.

Affirmation: Your commitment, discipline, and consideration have shaped the person you are no matter the circumstance.

how was it?

practice



RECAP



SUSTAIN TALK



**AFFIRMATIONS
+ REFLECTIONS**

SAIL OF CHANGE



CLIENT



reminders before we begin

No stems, begin with YOU

Keep your tone FLAT

Pause if you need, you don't have to answer, just reflect

Stay away from praise and what YOU think

real sustain talk?

sustain talk practice

I'm thinking about switching to the bottle, but my mom swears by the breast; so I'm not too sure if I should.

I can't wait until my baby is potty trained. I tried to sit him on the potty, and he stayed, but not for long, so I didn't try again.

I want to get the father of my child involved, but I'm not sure how consistent he'll be. I don't want to emotionally damage my kid ya know?

real reflections

I have to get away from him, my kids' safety is worth it.

Everybody keeps telling breast is best, but nothing is coming out and I'm exhausted at this point. Some relief would be nice.

I really want my baby to latch so I can breastfeed, but nothing seems to be working.

I'm noticing my kid isn't advancing like the other kids in his group and I'm worried about it.

find the strength.

you don't have the
answers, **THEY** do!

questions?

debrief

thank you!