Same Old MI, Different Phrases

Hopefully, you are not new to MI, because we are going to take off....
So you want to learn MI/ MET?

I think what I am hearing is that learning MI/MET could potentially help you accomplish some goals with clients but...
Outlook / Agenda for afternoon

Why are you here?

Who am I? and Why am I teaching this?

My goals:
*What is MI/ MET?*
*Terms*
*Techniques*
*Practice of skills*

Housekeeping

1. You need to test these skills out and practice them today, we will be working on skills...
Agenda

- Underlying Principals
- Stages of Change
- MI Skills OARS
- OARS practice
- Exploring Ambivalence
- Role of and Rolling with Resistance
- Concept of Readiness: Importance and Confidence
- Change Talk
- Developing a Change Plan
Motivational Interviewing works, we just need to know how to use it

- Research has shown when engaged, clients are better able to succeed
- This is used in treatment, probation, drug courts, health settings—this is not AoD specific—though some examples today may focus on that (I tried to incorporate all realms and scopes of the agency so we all can see MI at work, but that was tough to do…)
- [http://www.youtube.com/watch?v=cj1BDPBE6Wk](http://www.youtube.com/watch?v=cj1BDPBE6Wk)
But how does it work?

Practice, practice, practice!
Ambivalence
Empathy
Motivation
Change
Discrepancy
Resistance
Contemplation
Underlying Principals

- Stephen Rollnick, PhD and William Miller, PhD
- Research with clients (BH), moved out to other areas and noticed it worked—smoking, health
- Not always asking questions
Good vs. bad

- What is bad listening?
- What is good listening?

- Road blocks?
Express Empathy
Develop discrepancy
Roll with Resistance, avoiding argumentation
Support self-efficacy
http://www.youtube.com/watch?v=ziH33JqC GAU
Stages of Change

Pre-Contemplation
Contemplation/ Preparation
Action
Maintenance
Relapse/ Recycle

http://www.youtube.com/watch?v=wcu8oqHIsbc

You can see this as a wheel or as a spiral…

different models, same basic principal
Skills/ OARS

- Open-ended questions
- Affirmations
- Reflections
- Summaries
- Group exercises
Open Ended Q’s

- How to ask certain things
Affirmations

- Commenting positively on an attribute
- A statement of appreciation
- Catch the person doing something right
- A compliment
- And expression of hope, caring or support

- “you’re a strong person, a real survivor”
- I appreciate your openness and honesty today”
- “Thanks for coming in today”
- “I like the way you said that”
- “I hope this weekend goes well for you”
Collect material that has been offered
Link something just said with something discussed earlier
Draw together what has happened and transition to a new task

“So far you’ve expressed concern about your children, getting a job, and finding a safer place to live.”
“That sounds a bit like what you told me about that lonely feeling you get”
“Before I ask you the questions I mentioned earlier, let me summarize what you’ve told me so far and see if I’ve missed anything important. You came in because you were feeling really sick and it scared you....”
Forming reflections

- Are statements rather than questions
- Make a guess about the client’s meaning (rather than asking)
- Yield more information and better understanding
- Often a question can be turned into a reflection

Think of your question:
“do you mean that you...?”
- Cut the question words, “you mean that you...”
- Inflect your voice down at the end
- There’s no penalty for missing
- In general, a reflection should not be longer than the client’s statement
Practice

- Affirmations
- Reflection statements
- Summaries

Speaker: “How I hope things will be different in my life in five years”

Observer, talker, listener… switch
Types of reflections

- Simplified
- Amplified– Exaggerate or Intensify
  “Quitting Drinking is not something you have thought about”
  “Drinking is something you’ll do for the rest of your days”
- Double– sided
  “On the one hand… on the other hand…”
  Reflects both sides of ambivalence
Levels of reflection

- Repeat
- Rephrase
- Paraphrase

- Speakers: discuss something you feel two ways about, not necessarily a personal issue, something you have not firmly formed an opinion on
Exploring Ambivalence

- Decisional Balance sheet
- Developing Discrepancy
- Exploring goals and values
- Looking forward

http://www.youtube.com/watch?v=Td2CmihAQcg
Role of Rolling with Resistance

- What does it look and feel like
- Arguing
- Negating or “denial”
- Ignoring
- Interrupting
- Ways to roll
- Reflections
- Shift focus
- Reframe
- Agreement with a twist
- Emphasize personal choice and control
- Coming alongside
Readiness Rulers

- Importance/ Confidence
- Change Talk DARN C
- [http://www.youtube.com/watch?v=5ePJw0NgEec](http://www.youtube.com/watch?v=5ePJw0NgEec)
- Desire
- Ability
- Reason
- Need
- Commitment
Role plays (audience participation)

- Small groups, first
- Then if we have time, big group experience
Client is taking medications while also self-medicating with alcohol, not dependant because “I don’t need residential treatment (who decided?)”, tried AA but was turned off because there were people there that are alcoholics (one may have celebrated 90 days sober and collected coin while intoxicated according to client)
It’s the kid, not us

- Kids/ family only participate because probation or as a way to avoid probation
- Parents not on board with therapy, think it is a kid only issue and nothing that parents could work on
Meds, what are they good for?
Absolutely Nothing!

- Clients don’t see the need for their medication and don’t take them...

- War, huh, yeah
  What is it good for
  Absolutely nothing
  Uh–huh
  War, huh, yeah
  What is it good for
  Absolutely nothing
  Say it again, y’all
I’m just not myself on meds

- Loose my creativity and feeling when I take medication so I don’t want to take them
Clients return to domestic violence situations due to finances, wanting to have at least someone, for kids to have a complete family, etc...
Bibliography

- MIA STEP training manual, A product of the NIDA–SAMHSA Blending Initiative
- Motivational Interviewing, William Miller, PhD
- Motivational Interviewing: Preparing for Change, Debra Neal and Bryan Knowles
- Basic and Advanced Training in Motivational Interviewing for Substance Use, John Wryobbeck, PhD
Video clips

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