

## **Starting or Restarting Motivational Interviewing**

### **Program Description:**

Motivational Interviewing is an evidence-based communication style designed to help people identify their readiness, willingness, and ability to make meaningful changes in their lives. We will explore techniques to draw out people to find out their motivations and help them become empowered to make change to meet their own goals rather than trying to externally mandate change. This introduction will involve a number of exercises to distinguish the practice of Motivational Interviewing from other communication styles and to enhance your ability to respond to ambivalence with evocation instead of problem solving. Motivational interviewing can be added into other models to reduce attrition and increase the likelihood of participants' success.

### **Learning Objectives:**

Upon Completion of this workshop, participant should be able to:

- Explain the difference between persuading and using Motivational Interviewing;
- Describe the advantages of evoking motivations rather than sharing information about risks and benefits;
- Explain what makes it difficult to not try and problem solve before exploring motivations;
- Demonstrate the ability to ask open ended questions, reflect, and affirm clients.

### **Target Audience:**

Professionals who work in public health, parent education, mental health, or substance abuse.

### **Contact Hours:**

6.5 hours

### **Program Agenda**

- Introductions/Creating Safety - 15 minutes.
- Empathy building—our own health and safety choices, Barriers to Making Change - 30 minutes.
- Core Motivational Interviewing Concepts - 15 minutes
  - Partnership
  - Acceptance
  - Compassion
  - Evocation
- Persuasion vs. Motivational Interviewing - 60 minutes
- Break – 15 minutes
- Change Talk - 15 minutes.

- Spirit of Motivational Interviewing - 15 minutes
- Research showing MI works/How much MI do you need? - 15 minutes
- OARS to start yourself into MI - 60 minutes.
- Seeing it in action
- Open-ended questions
- Affirmations
- Reflections
- Summaries
- Four processes
- Lunch break
- What is MI in your own words? - 15 minutes
- OARS practice and additional work on open question and reflections - 2 hours 15 minutes
- Questions and Next Steps in supporting implementation - 15 minutes.

**Rachel Galanter, MPH**, is El Futuro's Technical Assistance and Consultation Lead. A NC Parenting Education Network Certified Parenting Educator, she has over 25 years of experience with children, youth, and families. She uses Motivational Interviewing, the Community Resiliency Model, and Biofeedback to help families address the ambivalence, stress and emotional issues that can be barriers to making change. She has employed proven models— Attachment Bio-Behavioral Catch Up, SafeCare, Language Is the Key, Triple P and Parent Child Interaction Therapy—to improve relationships between caregivers and children. Since 2002, Rachel has served as a task supervisor or field instructor for students in the MSW program at the School of Social Work. A trainer certified by the Motivational Interviewing Network of Trainers and Trauma Resource Institute, she provides training and coaching to professionals on parent engagement, coaching, self-care, and cultural awareness to help other agencies engage clients who need support but are ambivalent about making change or getting professional support. In addition to her professional work on behalf of families, Rachel was a foster parent for a decade and added two daughters (and now four grandchildren) to her family from that time.