

Starting or Restarting Motivational Interviewing

Program Description:

Examine the theory behind this client centered approach to working with individuals to help them prepare for and commit to making change. Motivational Interviewing is an evidence-based therapeutic technique designed to help people identify their readiness, willingness and ability to make meaningful change in their lives. We will talk about techniques to draw out people in order 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 help distinguish the practice of Motivational Interviewing from other communication styles. 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;
- List the next steps to support implementing Motivational Interviewing in the face of ambivalence or resistance;
- Reduce the risk of stereotypes and unconscious bias influencing your case planning by adopting the evocative spirit of Motivational Interviewing.

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 – 60 minutes

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

Faculty

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 Bio-feedback to help families address the 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 certified trainer by the Motivational Interviewing Network of Trainers, 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.