

Resilience Focused Motivational Interviewing

Program Description:

We became helping professionals because we want to help people. When people come to us in crisis, it is tempting to try and solve the problems that are causing them stress. But when we jump to telling people our solutions, they can feel judged, misunderstood, or defensive. The Community Resilience Model can help people to self-regulate so they can move out of survival mode back into a space where they can thoughtfully explore. We can then use Motivational Interviewing to partner with people to identify their readiness, willingness, and ability to make meaningful changes in their lives. Together we'll explore blending resiliency pauses with 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 persuade them to change. Motivational Interviewing can be used to help people follow through on using self-care strategies while creating and following through on plans to manifest their goals.

Learning Objectives:

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

- Explain the difference between persuading and using Motivational Interviewing
- Describe benefits to evoking motivations rather than sharing information about risks and benefits.
- Examine the impact of stress and trauma on our mind, body & spirit.
- List Community Resiliency Model tools for self-care and to support others in returning to their resilience zone.
- Demonstrate the ability to ask open ended questions, reflect, and affirm clients.
- Demonstrate integration of Resiliency Pauses into Motivational Interviewing

Target Audience:

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

Contact Hours:

6.0 contact hours

Program Agenda

- How is this person coming to this conversation - 10 min?
- Understanding the impact of stress and trauma on mind, body & spirit - 45 min
- Community Resiliency Model tools for self-care and to support self-regulation—tracking, resourcing, grounding, help now - 45 min.
- Integrating resiliency pauses and CRM into the conversation - 20 min.
- Empathy building—our own health and safety choices, Barriers to Making Change - 30 minutes.

- Stages of Change - 20 minutes
- Core Motivational Interviewing Concepts - 20 minutes
 - Partnership
 - Acceptance
 - Compassion
 - Evocation
- Persuasion vs. Motivational Interviewing - 60 minutes
 - 15-minute break
- Change Talk - 20 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 - 45 minutes
 - Open-ended questions
 - Affirmations
 - Reflections
 - Summaries
- Next Steps in supporting implementation.

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.