

Motivational Interviewing for Prevention & School Professionals

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Starting point

- What do you already know about MI?
- What would you like to learn about MI?

What Is Motivational Interviewing?

Inter-view:
looking at something together



A particular style of conversation about change
Guides the person to hear themselves talk about
possibilities of change



Working Definition of Motivational Interviewing

“Motivational Interviewing is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person’s own reasons for change within an atmosphere of acceptance and compassion.”

Miller and Rollnick (2013)

What MI is not

- ▶ Psychotherapy/counseling
- ▶ Stages of change model
- ▶ Decisional balance (pros and cons)
- ▶ Easy to attain competence
- ▶ Reflective listening
- ▶ For every patient/person in every situation
- ▶ Client Centered treatment
- ▶ Manipulating people into changing

AMBIVALENCE

- Normal condition
- Wanting and not wanting
- Wanting incompatible things

One step closer to change

or

Lead to not thinking about it

(Bill Miller)




What we say
matters!

What we say
How we say it

How it lands

largely determines what
the person will say

and what happens next

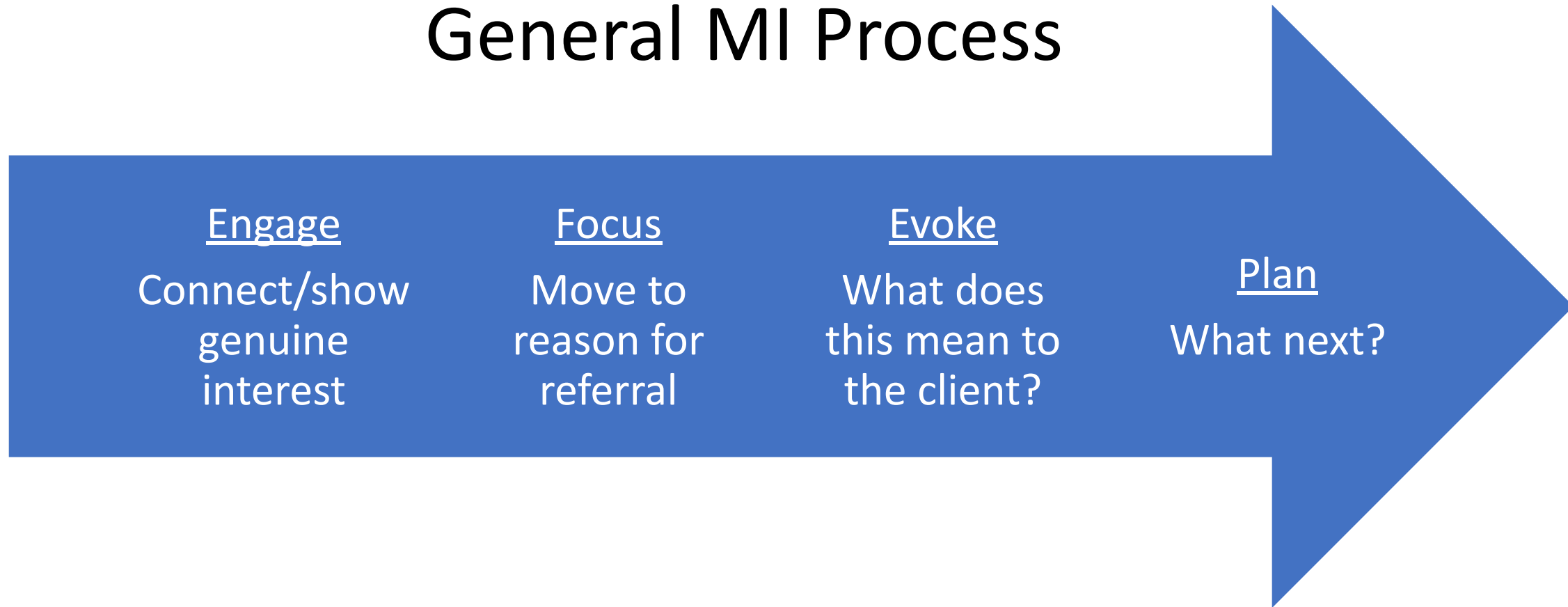


Difficult Conversations

- MI can be used to increase engagement with challenging teens, parents and personnel
- MI can be used to help move a person in dealing with their ambivalence
- MI can be used to discuss district and community concerns



General MI Process



CORE SKILLS: support the process

OARS-I

- **O**pen-Ended Questions
 - **A**ffirming
 - **R**eflective Listening
 - **S**ummarizing
-
- **I**nform and advise (ask-offer-ask)



Thank you 😊

- Have a great conference!
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