

Relational & Intentional Elements of MI, OARS, and the Four Processes

Session 2



***ENHANCED PROFESSIONAL
LEARNING SERIES***



Mountain Plains ATTC (HHS Region 8)

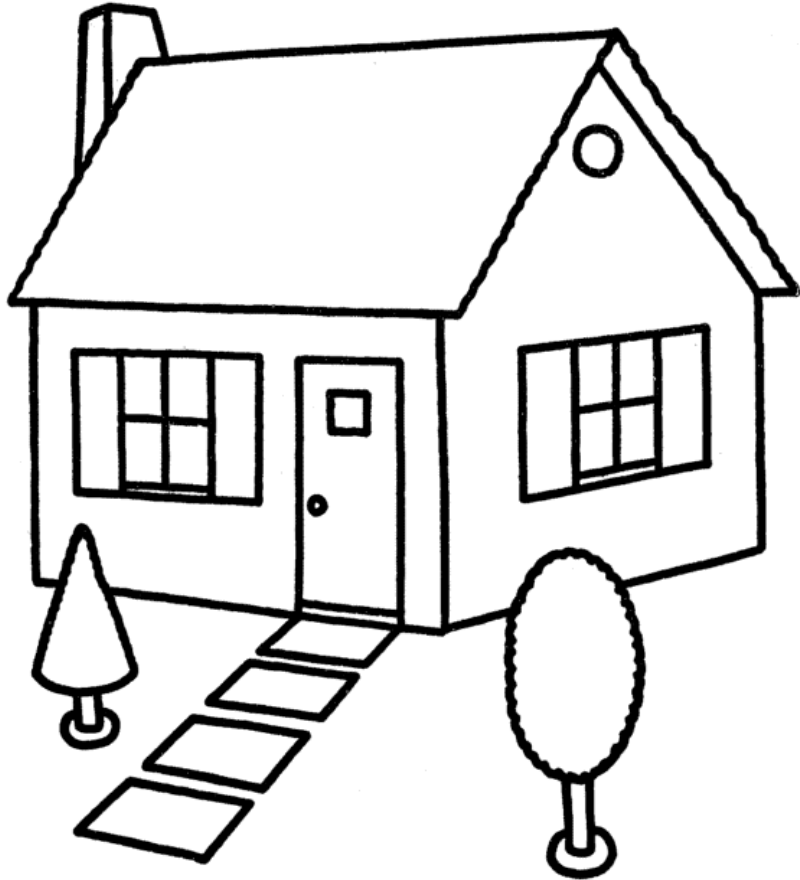
ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



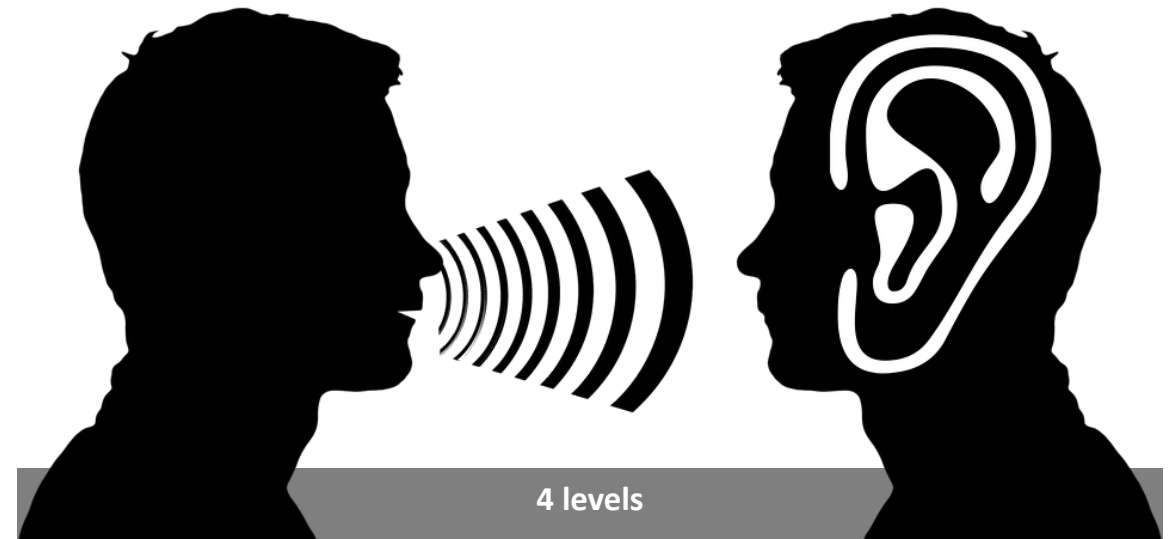
Session 2 Agenda

- Review of last week's Learning Activity
- Motivational Interviewing is Relational & Directional
- Intentional use of OARS
- The Four Processes of Motivational Interviewing
- Ambivalence, two sides of an issue, feeling two ways about the change
- Learning Activity Opportunity



Let's talk about last
week's Learning
Activity...

Relational & *Directional*



OARS – The Tools You Use

- **O**pen-ended questions
- **A**ffirmations
- **R**eflective listening
- **S**ummarizing listening



The Four Processes



Ambivalence

- Normal
- Part of the Human experience
- Common
- Part of the change process
- Essential to the practice of MI



Session 2 - Learning Activity

- Focus on the MI Process of **Engagement** and intentionally bring MI Spirit into a conversation with a new client
- After the interaction **reflect on & write down** your perception of the following:
 - Identify when **Engagement** begins.
 - How does **Engagement** manifest, show up during the conversation?
 - How did **MI Spirit** manifest, show up during the conversation?
 - What is it like to intentionally use **MI Spirit** and how does that differ from your previous practice?

