

Motivational Interviewing – Into Practice



***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



Change, Ambivalence, Motivation, and MI Spirit

Session 1



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Session 1 Agenda



Welcome and Introductions



Pre Series Article: 10 Things MI is Not



Thinking About Change (Prochaska & DiClemente Model)



Ambivalence



Motivation



MI Spirit



Discuss Upcoming Week's Learning Activity



Welcome and Introductions

Getting to know you . . .

What did you jot down for practical skills you'd like to get out of the MI course?

Thinking about change...

- What are some things that you took away from the article: *10 Things MI is Not?*



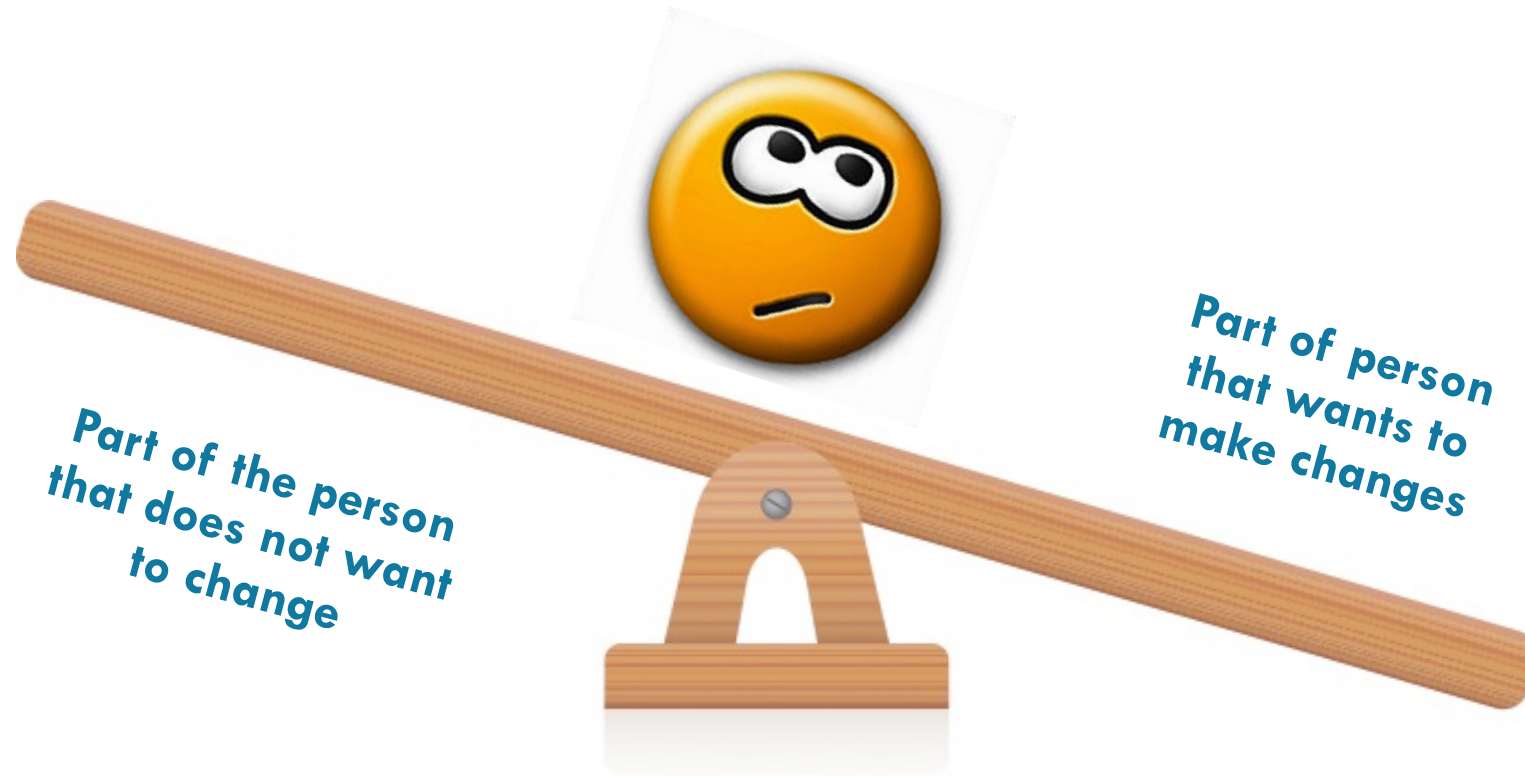
Ambivalence

- MI was created to explore and resolve ambivalence and to increase motivation for change
- Exploring ambivalence helps remove obstacles
- Resolving ambivalence moves a person toward behavior change

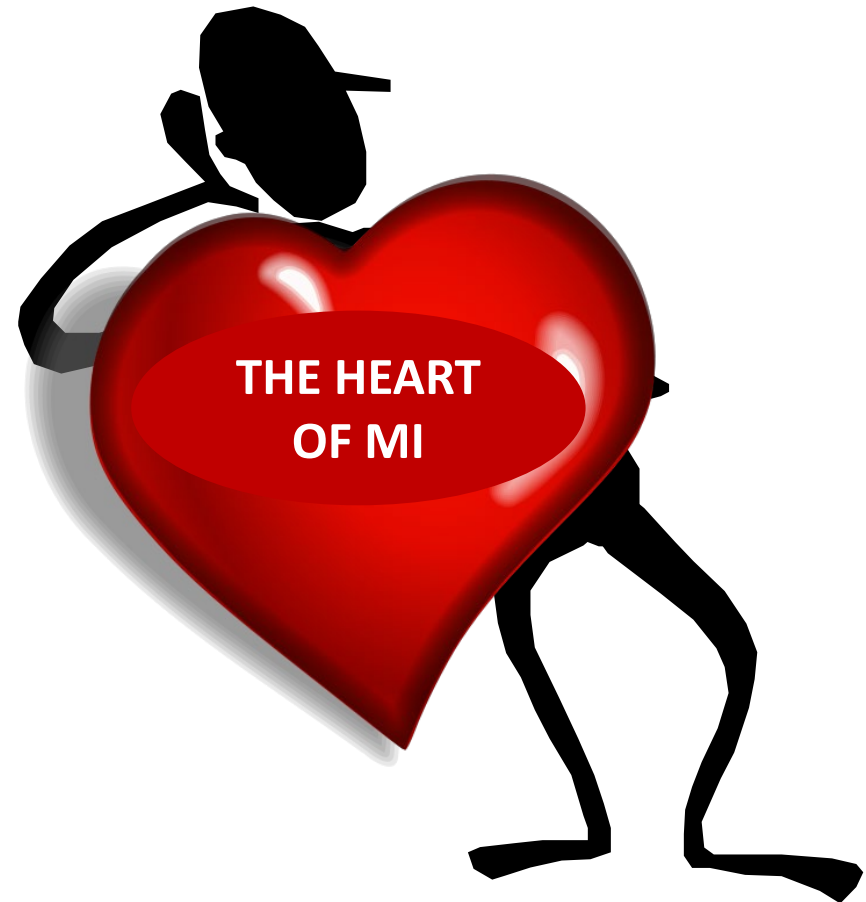


Ambivalence

Ambivalence is like a ()...



Listening & responding
to the person's
consideration/exploration
about the (**ambivalence**)
behavior change



Why Do People Change?

1. Their values support it
2. They think they can
3. They have a good plan
4. They think the change will be worth it
5. They are ready for it
6. The pros outweigh the cons
7. They think its important
8. They believe they need to take charge of their health
9. They have adequate social support

The Spirit of MI: PACE



Session 2 Learning Activity

- Interview someone about a change they've made.
 - Client, colleague, friend, family, person on the street:
- Find out:
 - What **motivated** them to make the change
 - What did they **do** to make the change
 - What were their **reasons for & against** making the change

Consider: *Keeping a **Journal** for your reflections during our time together*

