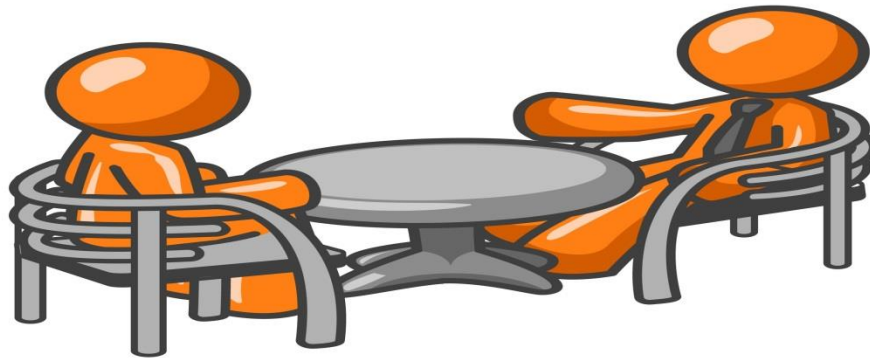



MOTIVATIONAL INTERVIEWING (MI)



MOTIVATIONAL INTERVIEWING

- Approach to counseling developed by clinical psychologists William R Miller, PH.D and Stephen Rollnick, PH.D (1983)
 - Evolved from experience in treatment of problem drinkers and first wrote about in 1991.
 - MI recognizes that individuals who need to make changes in their lives are at different levels of readiness to change behavior.
 - Approach attempts to increase the individual's awareness of the potential problems caused, consequences experienced and risks faced as a result of the behavior. Focuses on present and assists the patient to access their own motivation to make a change based on ambivalence or the inconsistency with their own value/goal
 - Is used in a variety of settings (physical health, mental health, substance use disorder)
 - Therapists guide the process
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MOTIVATIONAL INTERVIEWING

- *Motivational interviewing is a person-centered, evidence-based, goal-oriented method for enhancing intrinsic motivation to change by exploring and resolving ambivalence with the individual. It is a way of being with the person (Miller and Rollnick 1991).*
- Research has shown that motivation-enhancing approaches are associated with greater participation in treatment and positive treatment outcomes. Evidenced Based Practice.
- Shift from feeling responsible for changing patients' behavior to supporting them in thinking & talking about their own reasons and means for behavior change.
- Self Efficacy (clients own belief to make a change)!

MOTIVATIONAL INTERVIEWING

- Is a method which works of facilitating and engaging intrinsic motivation within the client to change behavior
 - Goal oriented- what is the focus today?
 - Client centered- strengths based
 - Works to explore and resolve ambivalence- counselor intentionally directive in pursuing the examination and resolution
 - Collaborative approach to strengthen motivation for change **(guided vs. directive, autonomy vs. authority and exploration instead of explanation)**
 - Non- Judgmental, non-confrontational, and non-adversarial
 - Promote rapport/reduce resistance
 - Self Efficacy (clients own belief to make a change)


FOUR TASKS

- **E**ngage- through conversations. Convey hope and optimism (no blaming)
- **F**ocus- of importance to patient regarding behavior, health, welfare, listen to person
- **E**voke-persons motivation to change, communicate understanding. Person argues for their change –desire, ability, reasons, commitment
- **P**lan- Use to develop practical steps/goals Assist client to resolve conflicting and ambivalent thoughts and feelings
 - Counselor must have the ability to:
 - Ask open ended questions (How might you like things to be different? How does drinking interfere with your life?)
 - Provide affirmations
 - Use Reflective Listening
 - Assist individual to weigh pro's and con's
 - Provide Summary Statements to patient

KEY SUMMARY POINTS

- Motivation to change comes from individual, not imposed
- Is the individual's task, not counselors', to resolve ambivalence
- Collaborative and non-confrontative
- Counselor is directive in helping the individual to examine and resolve ambivalence
- Readiness to change is not a trait of the individual but a fluctuating result of the relationship with the counselor
- The therapeutic relationship is a partnership
- Individuals are successful as a result of their own efforts

APPLICATIONS OF MI

- Brief Interventions (SBIRT)
 - Substance Counseling
 - Health Coaching
 - Behavioral Health
 - Problem Gambling
 - Parenting
 - Education settings
 - Many Others!
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MI USE AND RESOURCES IN IOWA

- Widely disseminated in Iowa
 - Substance Use Disorder programs
 - Mental Health programs
 - Medical community
 - Problem Gambling Programs
 - Other settings

RESOURCES

- Governor's Conference on Substance Abuse
- Training Resources.org
- SBIRT MI trainings
- Iowa Mint Trainers
- Additional trainings to be planned for CCBHC
- SAMHSA/HRSA: <http://www.integration.samhsa.gov/clinical-practice/motivational-interviewing>
- Motivational Interviewing: <http://www.motivationalinterviewing.org/>
- MINT Trainers: <http://www.motivationalinterviewing.org/trainer-listing>
- Iowa Trainers at: http://www.motivationalinterviewing.org/trainer-listing?practice-area=All&firstname=&surname=&country=All&field_profile_state_value=Iowa&services=All&=Find