

Motivational Interviewing Thoughts

- 100,000 scholarly articles with 1700 clinical trials
- 3 processes (Recursive - focus and refocus)
 - Engage: Can we take a walk together?
 - Focus: Where are we going?
 - Evocation: How will we get there?
- Develop discrepancy for those not yet experiencing ambivalence
 - Trauma whisper, "I don't matter" "I am not loveable" "The world is not to be trusted"
- Resistance
 - Sustain talk (within)
 - Discord (external)
- Connect to Maslov's Hierarchy of Needs
 - Power
 - Control
 - Love
 - Purpose/Capability
 - Connection (Belonging with)
- Motivational Interviewing is the use of direction language vs directive!
 - Hopes and dreams
 - Directional OARS
- Of characteristics of workers: Accurate empathetic reflection has the biggest effect on client outcomes
- Low empathy can lead to worse outcomes than no treatment
- Continuing the paragraph empathetic reflections move towards change the fastest
- Affirmations - Two types
 - Simple: behavior
 - Complex: strengths, qualities, values
- Evoking: Call on their own internal resources first
- Ability language/confidence may be the most important language
- Sustain talk predicts worse outcomes, particularly if it grows over a session
- Four necessary ideas for people to understand about Motivational Interviewing:
 - Spirit of Motivational Interviewing
 - Partnership/collaboration
 - Radical acceptance
 - Compassion
 - Empowerment
 - Express empathy, gentle guess
 - Skill of rolling with resistance (push back)
 - Ask, ask permission, offer options, ask what they think of the options