

Motivational Interviewing Thoughts

- 100,000 scholarly articles with 1700 clinical trials
- 3 processes
 - Engage: Can we take a walk together?
 - Focus: Where are we going? Amplify the ambivalence.
 - Evocation: How will you 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"
- Reluctance (1/2 of the ambivalence)
 - Sustain talk (within)
 - Discord (external)
- Connect to Maslov's Hierarchy of Needs / Whisper of Hopes & Dreams
 - Power & control over the destiny of our own lives
 - Love, to love and be loved
 - Purpose/Capability, thirst for learning
 - Connection, Belonging, Social Capital
- Motivational Interviewing is the use of direction language vs directive!
 - Hopes and dreams
 - Directional OARS (Open questions, Affirm, Reflect, and Summarize)
- Of characteristics of workers: Accurate empathetic understanding has the biggest effect on the people we serve
- Low empathy can lead to worse outcomes than no treatment/care.
- Continuing the paragraph empathetic understanding moves towards change theory
- Affirmations - Two types
 - Simple: behavior ("Thank you" "I appreciate ...")
 - 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 attitudes toward the people we serve to understand about Motivational Interviewing:
 - Spirit of Motivational Interviewing
 - Partnership/collaboration - power with
 - Radical acceptance
 - Compassion - the ability to sit with suffering
 - Empowerment - believing in them and their ability to come up with their own solutions.
 - Express empathy as a gentle guess
 - Skills of rolling with discord (push back by the person)
 - Ask them - ask permission, offer options, ask what they think about the options