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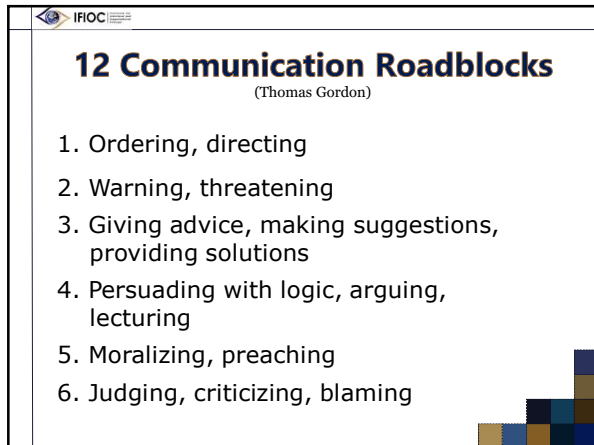
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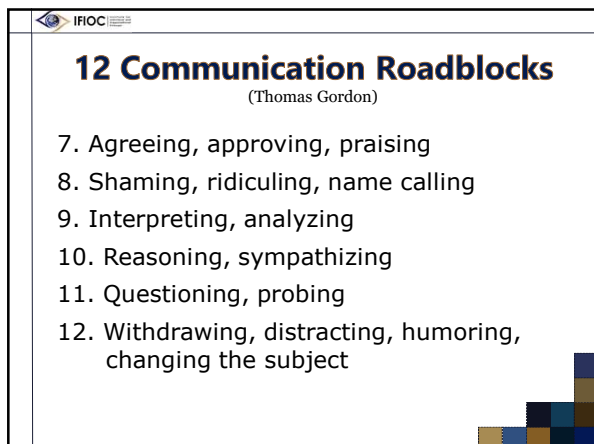
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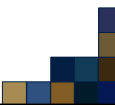
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 **Motivational Interviewing**

Primary Goals of MI:

- Reduce/Minimize resistance
- Resolve ambivalence
- Elicit "change talk" and move towards goals/values/behavior change



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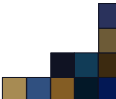
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**300+ Studies on MI Effectiveness**

A systematic review that included 72 studies found that motivational interviewing outperformed traditional advice giving in 80% of studies.

"Providers who know how to effectively deal with resistance and ambivalence have adherence rates 5x higher than information giving."



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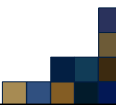
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**Realities of Change**

*"He who would learn to fly one day must first learn to stand and walk and run and climb and dance; one cannot fly into flying."* Friedrich Nietzsche

- **Most change does not occur overnight**
- **People resist being pushed to change**
- **Contextual: H.A.L.T.**



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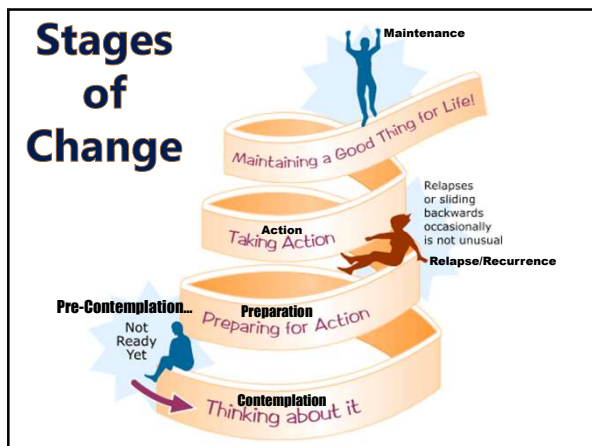
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## Cues for Pre-Contemplation

**Unaware that a problem exists**

**Does not intend to change**

**IGNORES/RESISTS EVIDENCE**

**Too discouraged to change**

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## Pre-Contemplation

CHARACTERISTICS

**Appear to be hesitant, argumentative, hopeless or in "denial."**

**TRAP**

**Natural tendency is to try to "convince" them or push into action**

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## 'Righting Reflex'

...corrects the orientation of the body when it is taken out of its normal position...

Reaction people have to correct someone or something that is 'wrong'

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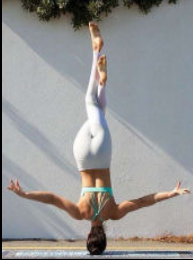
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# Equipoise

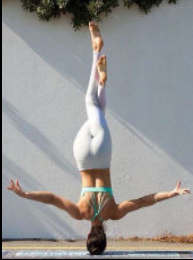
"Balance of forces or interests"



"Equally supported in a steady position"



"Internal state of equilibrium or balance"



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## Resistance

**"The force that opposes motion"**

- Not individual - *relationship* oriented
- Focusing outside the self
- Message that someone or something else is the problem
- Context of a relationship or system

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When you get attached to an outcome or YOU push a quicker pace...



...YOU facilitate "resistance"

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### Contemplation

- Aware that a problem exists
- Considering the possibility of change
- Acknowledges concerns with change
- Ambivalent - reasons to change & reasons not to change

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### Preparation

- Plan for change relatively soon (aiming within a month)
- Examining strengths & resources
- Setting goals and making commitments
- Commitment strengthen

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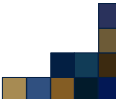
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## Action

- **Actively** modifying...
  - Behaviors
  - Emotions
  - Surroundings**...in specific ways**
- Working on the actual target behavior



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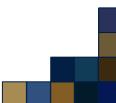
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## Maintenance

(takes minimum 6 mo Action – up to 2 yrs Action)

*“We are what we repeatedly do. Excellence, therefore, is not an act, but a habit.”*  
Aristotle

- ❖ Achieved goal and sustaining the gains
- ❖ Continuing healthy strategies
- ❖ Maintaining focus
- ❖ Pursuing new goals



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## Relapse/Recycle:

A step back, **NOT** a failure



“You can’t fall off a mountain”  
Jack Kerouac

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**Relapse/Recycle:**

- Total behavior change in the beginning is rare
- People backslide, even those serious about behavior change
- Triggers exist for all of us (**HALT**)
- Intensity of this stage is **MAJOR** indicator of who's most invested

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**Stages of Change Model**

- Normal to move back and forth through stages
- Time in any stage may be transient (lasting for moments, minutes, days, weeks...)



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Awaken the mind.

**EMPATHY**  
would this help?

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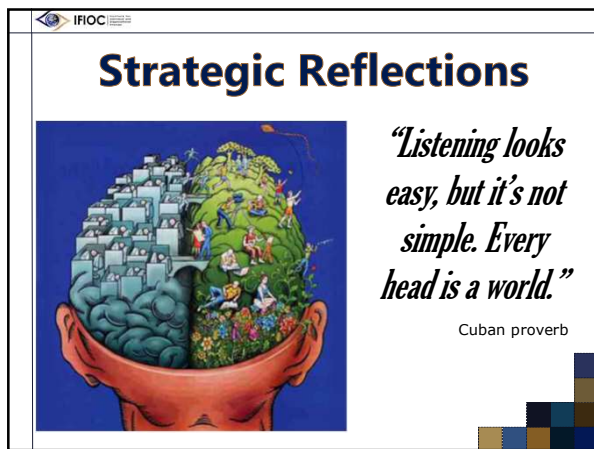
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## Strategic Reflections

- Verbalizing who they are and what they are about
  - "You..."
  - "It's..."
  - "So..."
- **Inferences** and implications regarding what he/she feels, wants, and seeks for goals
- Step inside their reality

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## Strategic Reflections



Rogers: **Non-directional**  
MI: **Strategic**

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**Resistance** vs. **Ambivalence**



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## Strategic Reflections

**Reduces RESISTANCE...**

- Seeking to understand their ideas
- Gets their thoughts out of their head
- Helps clarify unspoken feelings
- NOT a matter if we are right or wrong



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## Carl Roger's Paradox

*People are often more persuaded by what they **hear themselves say** than by what other people tell them.*

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## 4 Types of Talk

- Resistance Talk**
- Sustain Talk**
- Change Talk**
- Commitment Talk**

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## Resistance Talk



- Focusing attention outside of self
- Any message that someone or something else is the problem
- Making it personal towards you
- 'Fight' or 'Blame' talk

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## Sustain Talk

- Any rationale for why behavior is not going to change
- Any message of being stuck or planning on staying the same
- One side of the coin of ambivalence



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## Sustain Talk

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Commitment to Status Quo

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No Behavior Change

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## Resistance vs. Sustain

<p><b><u>RESISTANCE Talk</u></b></p> <ul style="list-style-type: none"> <li>✓ Focusing outside self</li> <li>✓ Relationally oriented</li> <li>✓ Fight Talk</li> <li>✓ Lightning Rod language</li> <li>✓ Making it personal</li> </ul> <p><b>RESPONSE:</b> Empathic Reflection "You feel..."</p>	<p><b><u>SUSTAIN Talk</u></b></p> <ul style="list-style-type: none"> <li>✓ Focusing internally</li> <li>✓ Staying the same</li> <li>✓ Stuck talk</li> <li>✓ Status quo</li> <li>✓ About his/her behavior</li> <li>✓ Natural w/ ambivalence</li> </ul> <p><b>RESPONSE:</b> Rescue change talk "You want..."</p>
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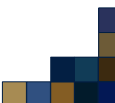
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## Change Talk

- ❖ Change talk is speech that favors the direction of the change
- ❖ Natural with ambivalence – opposite side of Sustain Talk
- ❖ What the client really wants... underlying goals &/or values




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## Listening for Change Talk



**DESIRE:** *want, wish, like*

**ABILITY:** *how could, might, can*

**REASONS:** *should, because*

**NEED:** *have to, need, important*




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# Change Talk

**C** ommitment  
**A** ctivation  
**T** aking steps

Behavior Change

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## Listening for Change Talk

- ❖ Your sense of the "Top of the Mountain"
- ❖ Vision of happier and/or healthier
- ❖ Hypothetical statements about change
- ❖ Problem recognition
- ❖ Stating the case or virtues of changing
- ❖ Identity (I'm not THAT person)
- ❖ "Should" statements

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## Strategic Reflections

**Empathy**  
How he/she feels

**GUIDING**  
What he/she wants

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**Strategic Reflections**

*"I just feel so stressed and depressed and no medication seems to help. I don't know how much more I can take."*

**Empathy** (How he/she feels)  
*"Your situation is really taking its toll on you."*

**GUIDING** (What he/she wants)  
*"You want to find a solution that will provide some relief."*

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**Strategically Responding...**

**SUSTAIN TALK**  
*"I haven't taken my meds for three months because mental health excluded me for some stupid reason."*

- "What would it take for you to reconnect with mental health services?"
- "And there is part of you that really wants to get back on your meds."
- "Are there other reasons you haven't been taking your meds?"
- "Mostly it's because you don't like taking your meds."

**CHANGE TALK**  
*"I got sick and rescheduled my med appointment which is what they told me to do."*

- "How have you thought about following up on that?"
- "You are working to hold up your end of the deal."
- "So why didn't you follow-up after that?"
- "You got sick, that's why you cancelled."

**CHANGE TALK & SUSTAIN TALK**  
*"I would love to stop smoking weed, but for some reason I just can't get away from it."*

- "What are some of the reasons you'd like to quit?"
- "Getting away from it is still important to you."
- "So why won't you just give it another shot?"
- "It feels almost impossible to not have it in your life."

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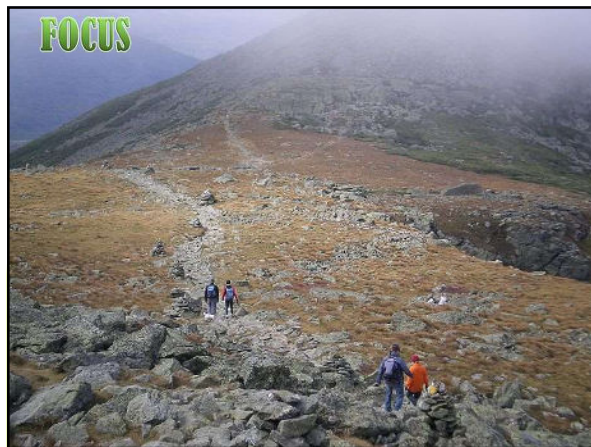
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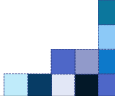
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## MI Intentions

- ▶ Supporting Autonomy & Activation
- ▶ Guiding
- ▶ Expressing Empathy
- ▶ Partnering
- ▶ Evoking



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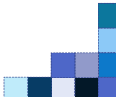
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## Supporting Autonomy & Activation

- Encourages and supports the **client's autonomy and freedom to choose**.
- Engages and affirms the client's self-efficacy and personal agency.
- Works from an assumption that individuals have an innate **desire and capacity for evolution and growth**.
- Operates from a strength-based approach that elucidates and supports the actuation of the client's goals, values, and choices.



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## Guiding

- **Navigate the conversation towards the goal of the referral, presenting problem, target behavior, or topic of concern.**

*"The client is the captain whose ship may be stuck, off course, struggling to maintain a course, or have no specified course. The client provides information, feedback and insights while the practitioner helps determine, chart, correct, and maintain a clear course by skillfully navigating the conversation towards a path of insight/solution/resolution."*



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## Expressing Empathy

- **Actively listen without judgment.**
- **Grasp the client's thoughts, feelings, experiences, and perspective.**
- **Conveys** that understanding to the client.
- Includes reflective listening, validating the client's reality.
- Works to **understand the client's inner experience** and effectively communicate that to the client.



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## Partnering

- Fosters a collaborative process with the client.
- Functions as one of **two equal partners** who are **working together towards the client's goals**.
- Encourages shared balance of power, wherein the client is the acknowledged expert regarding his life.
- Provides relevant and appropriately timed observations, knowledge, insights, and expertise that supports and advances client outcomes.




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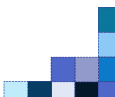
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## Evoking

- **Elicits the client's perspective** on his own thoughts, barriers, knowledge, feelings, ideas, motivators, goals, values, and solutions regarding the target behavior and change.
- Operates both from a place of genuine curiosity and from a belief that the motivation for change and the ability to change exists within the client.
- Focuses efforts to skillfully elicit, explore, and expand those client perspectives.




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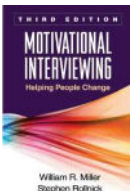
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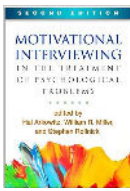
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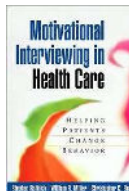
## Motivational Interviewing



**Motivational Interviewing, Third Edition: Helping People for Change**  
by William Miller & Stephen Rollnick



**Motivational Interviewing in the Treatment of Psychological Problems**  
by William Miller, Stephen Rollnick, Hal Arkowitz, & Henry Westra



**Motivational Interviewing in Health Care: Helping Patients Change Behavior**  
by William Miller, Stephen Rollnick, & Christopher Butler

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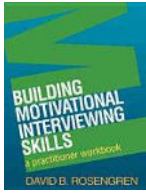
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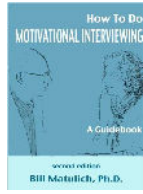
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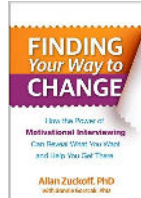
# Motivational Interviewing



Building Motivational Interviewing Skills by David Rosengren



How To Do Motivational Interviewing by Bill Matulich



Finding Your Way to Change by Allan Zuckoff

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Institute for Individual and Organizational Change

@IFIOC

[casey.jackson@ifioc.com](mailto:casey.jackson@ifioc.com)

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