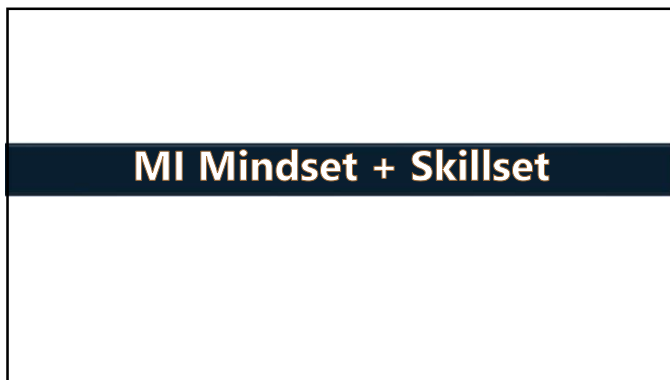


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3

Chef + Recipe

Clinician Attributes



1. Accurate Empathy
2. Positive Regard
3. Genuineness
4. Acceptance
5. Focus
6. Hope
7. Evocation
8. Offering Info/Advice
(lowest effect size)

MI Intentions








- Support Autonomy & Activation
- Express Accurate Empathy
- Guiding
- Partnering
- Evoking

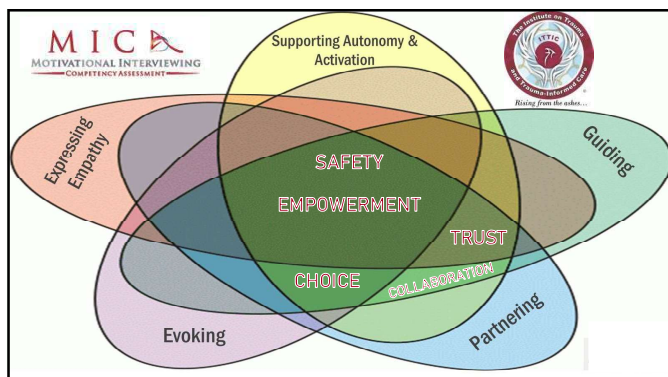
4

Values/Principles of Trauma Informed Practice

Institute on Trauma and Trauma Informed Care 2021

Safety	Trustworthiness	Choice	Collaboration	Empowerment
				
Definitions				
Ensuring physical and emotional safety for all. Generally involves protection of self or others.	Maximizing trust, ensuring clear expectations, and having consistent boundaries. Refers to transparency.	Making individual choice and control a priority. Refers to the right to self-determination and autonomy.	Sharing power and working together with individuals. The idea of working with, not doing to or for.	Involves the recognition of strengths and skills to build a realistic sense of hope and possibility.
Values/Principles in Practice				
Create a welcoming environment Embrace diversity and inclusion Give consequences using supportive, non-confrontational language	Provide clear information about expectations Inform others of transitions ahead of time Express patience and acceptance	Inform others about options available to them Balance flexibility while defining parameters Reflect options regarding race, gender and	Seek ideas and feedback Explore others' circumstances from their perspective Acknowledge power dynamics	Build on strengths and capacities Ensure interactions are validating and affirming Use person-first and inclusive

5

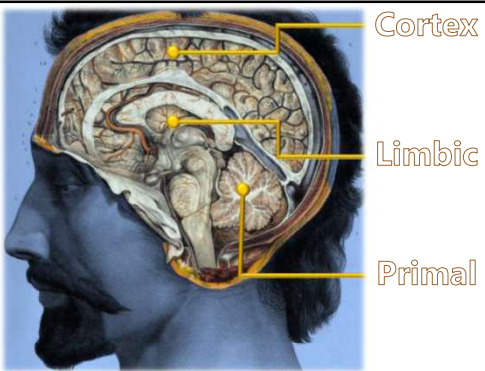


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Trauma, Brain, & Behavior

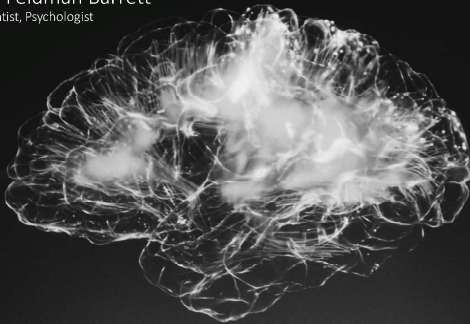
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Triune Brain Theory



8

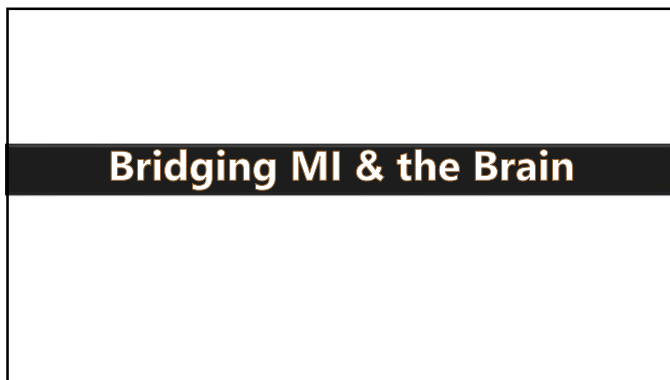
Dr. Lisa Feldman Barrett
Neuroscientist, Psychologist



9



10



11



12

Righting Reflex



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



13

Righting/Fixing Reflex

...instinctive or righteous reaction to correct someone or something that is 'wrong'.



14

Compliance vs. Behavior Change



15



16



17

12 Communication Roadblocks (Thomas Gordon)	
1. Ordering, directing	
2. Warning, threatening	
3. Giving advice, making suggestions, providing solutions	
4. Persuading with logic, arguing, lecturing	
5. Moralizing, preaching	
6. Judging, criticizing, blaming	

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12 Communication Roadblocks

(Thomas Gordon)

7. Agreeing, approving, praising
8. Shaming, ridiculing, name calling
9. Interpreting, analyzing
10. Reasoning, sympathizing
11. Questioning, probing
12. Withdrawing, distracting, humoring, changing the subject



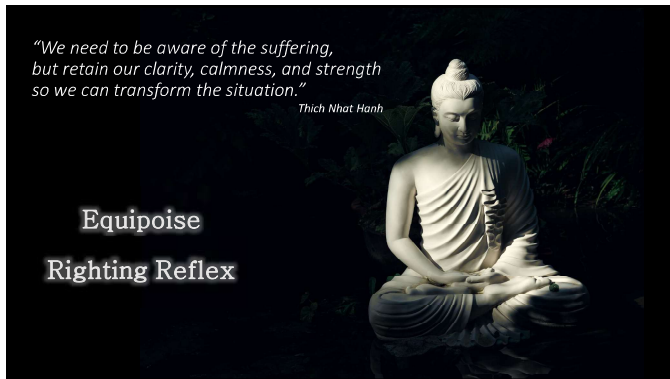
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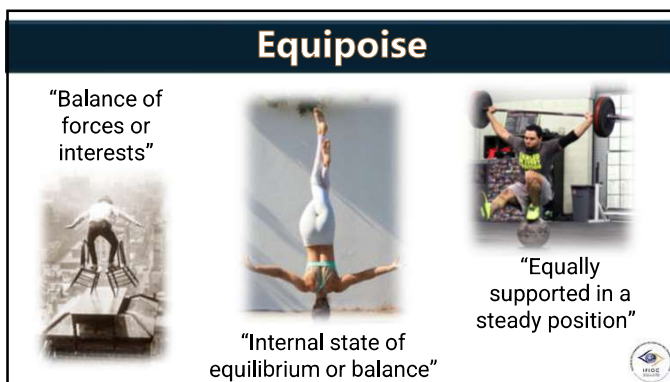
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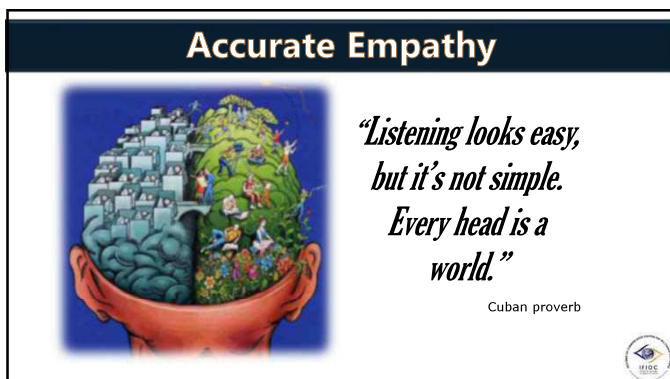
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Reflective Statements vs. Empathy

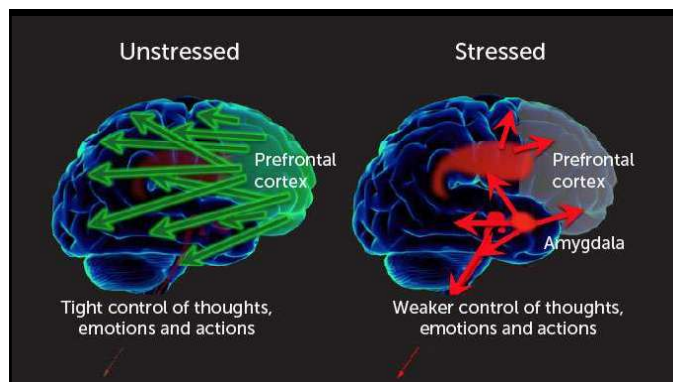
"What I hear you saying..."

VS.

"It sounds like to me..."



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Resistance → Ambivalence



30



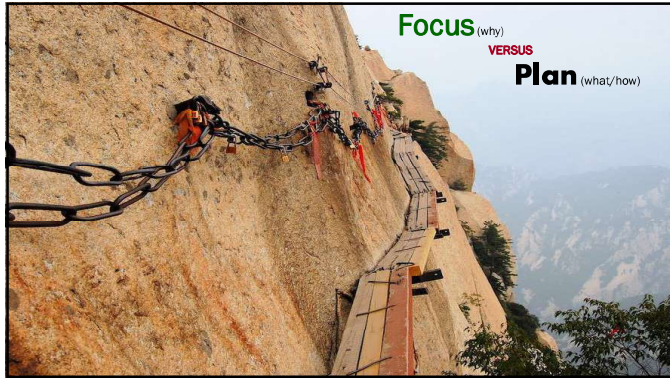
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Strategic Reflections

Sustain Talk =
Empathy... How they feel

Change Talk =
Guiding... What they want

38

Strategic Reflections

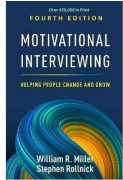
"I am so stressed, nothing I do even matters. I don't know how much more I can take."

Empathy (How they feel)
"You feel like you have zero control over your own life and you feel beat down."

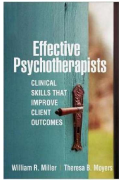
Guiding (What they want)
"You wish you could find a way out of all of this."

39

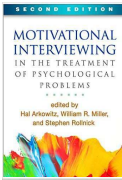
MI Books



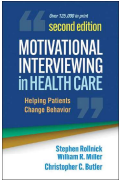
Motivational Interviewing
Fourth Edition:
Helping People
Change & Grow
William Miller & Stephen Rollnick



Effective Psychotherapists
Clinical Skills That Improve Client Outcomes
William Miller & Theresa Moyers



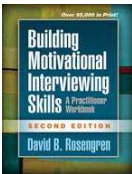
Motivational Interviewing
in the Treatment of Psychological Problems
William Miller, Stephen Rollnick, Hal Arkowitz, & Henry Westra



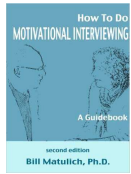
Motivational Interviewing
in Health Care:
Helping Patients
Change Behavior
William Miller, Stephen Rollnick, & Christopher Butler

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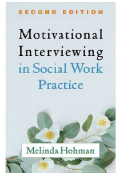
MI Books



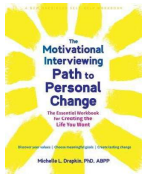
Building Motivational Interviewing Skills
A Practitioner Workbook
David Rosengren



How to Do Motivational Interviewing
A Guidebook
Bill Matulich



Motivational Interviewing
in Social Work Practice
Melinda Holman



Motivational Interviewing
Path to Personal Change
Michelle Drapkin

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Additional Resources

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jan.grothe@ifioc.com

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