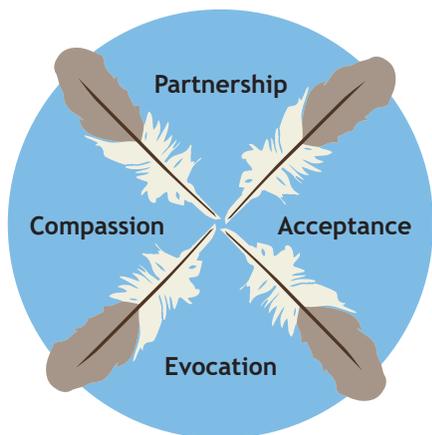


## Spirit of Communication: Motivational Interviewing in Native American Communities

### MI Spirit and Style

- The way of being with someone
- The person resolves ambivalence, not the practitioner
- Elicited from the person, not imposed
- Quiet, eliciting (bringing forth) style
- Listening and understanding someone

Collaboration	vs.	Confrontation
Evocation	vs.	Education
Autonomy	vs.	Authority



### Medicine Wheel:

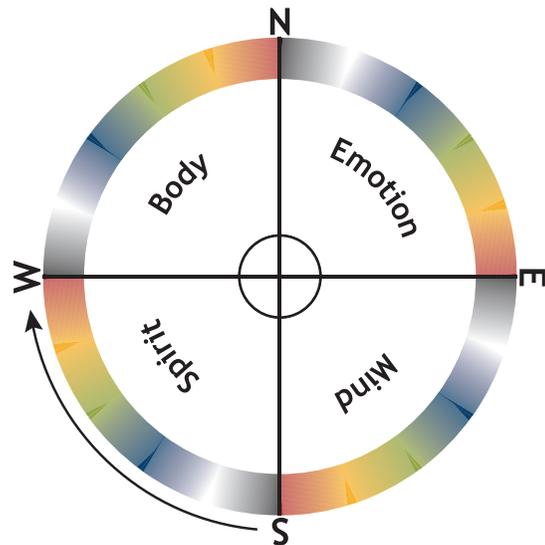
When targeting a behavior for change, we are looking at the whole person. The medicine wheel helps us remember how to look at change from a whole person perspective.

#### Honor body:

- Exercise
- Eat right: go back to using traditional, healthier foods

#### Honor feelings:

- Pay attention to feelings and emotions - leads to healing
- Don't harbor unhealthy feelings - can make you sick



#### Honor spirit:

- Prayer
- Exploring your own faith
- Feeding your spirit

#### Honor mind:

- Positive thinking
- Letting things go

### MI Change Processes

1st Step: Engaging - The Relational

- Person-centered style
- Listen - understand dilemma and values
- Use of the OARS core skills

Step 2: Focusing - Strategic Centering

- Finding a behavior to target to discuss for change

*Examples:* Agenda setting, processing ambivalence

Step 3: Evoking - Listening to Client's Wisdom

- Selective Eliciting
- Selective Responding
- Selective Summaries

Step 4: Planning - Reinforcing & Sustaining Steps Towards Change

- Offer a recap (summary)
- Provide information/advise w/ permission
- Negotiate a plan



Written by:

Kathleen M. Tomlin PhD, LPC, LMHC, CADC III

Design: Kate Feyen Thrams, BA

National American Indian and Alaska Native Mental Health  
 Technology Transfer Center  
 College of Public Health, University of Iowa  
 145 North Riverside Drive, Iowa City, IA 52252  
[mhttcnetwork.org/native](http://mhttcnetwork.org/native)

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## Motivational Interview Core Skills: OARS

### Open Ended Questions

- Require more than a yes or no response
- Focus on client concerns and interests, while also bringing up potential challenging areas to discuss

#### Open Ended Strategies:

Types of questions based on readiness, ambivalence, change talk, ready to plan and commit.

Not ready	"How has your current behavior affected your life today?"
Unsure	"Have you thought of the pros/cons of each way you can go as you think of the change you are considering?"
Ready	"What steps have you thought of or taken towards making this change?"
Ready and Committed	"Now that you have a plan for moving forward, when/how will you take the next steps?"

### Affirmation

- Affirmations are clinician / helper statements of appreciation and understanding that support a client's change efforts

#### Examples:

"Your willingness to discuss this important issue is admirable, even though it is not a favorite topic."

"Thanks for taking the time and consideration to listen to my advice or information."

### Reflective Listening

Reflections usually are:

- Person-centered -
- Can start with you...
- Are not questioning
- Express high empathy
- Shared with a MI spirit attitude
- Can be wrong at times, but OK when practicing MI - allows for more information

### Summary

- **Collecting** - The bouquet: Putting it all together like a gift of flowers
- **Linking Phrases** -
  - "On the one hand...on the other"
  - "At the same time"
  - Ex. "On the one hand, you're concerned that your drinking is affecting your health. On the other, you're not sure if you want to stop."
- **Transitioning to the next phase** -
  - "Let me see if I have everything so far..." (at the end of one session)
  - "Let's review briefly where we are..." (at the beginning of the next session)

### Four Flavors of Ambivalence

Approach/Approach = Win/Win



Avoidance/Avoidance = Lose/Lose



Approach/Avoidance = Win/Lose



Double Approach/Avoidance = Win/Lose x2



#### Working Through Ambivalence

**Pro Tip #1:** Self compassion can make ambivalence less overwhelming

- This is hard!
- Other people feel this way, too.
- Ask:
  - May I be kind to myself.
  - May I accept myself.
  - May I forgive myself.
  - May I be strong.
  - May I be patient.<sup>2</sup>
- This can support and encourage change.

**Pro Tip #2:** Resistance is a good signal that you need to change strategies.

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Services Administration

#### Steps to Consider:

- Ask permission to bring up the subject
- Focus change goals and assess readiness
- Provide feedback from screening tool & charts
- Works to enhance motivation and address any mixed feelings
- If ready, negotiate and plan for next steps
- Remember to follow up as needed (keeping the door open)

#### Sources:

1. Miller WR, Rollnick S. (2012). Motivational Interviewing; Helping People Change, 3rd Edition. Guilford Press. New York, NY.
2. Neff K. (2021). Self Compassion Break. Retrieved from: <http://self-compassion.org/exercise-2-self-compassion-break/>.