



National American Indian & Alaskan Native  
**MHTTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**TTC**

Technology Transfer Centers

Funded by Substance Abuse and Mental Health Services Administration

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# The Spirit of Communication: Motivational Interviewing Practice Essentials



*Great Plains Behavioral Health  
June 14, 17, 24, 28*



# Welcome

## Opening Blessing

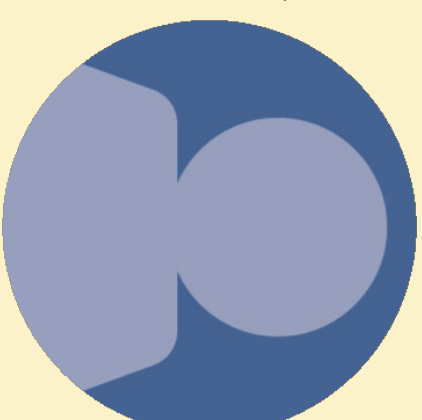
# Introductions

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*Kathleen Tomlin, PhD, LPC, LMHC, CADAC-3  
Cheyenne River Sioux  
Trainer, teacher, coach, learner*

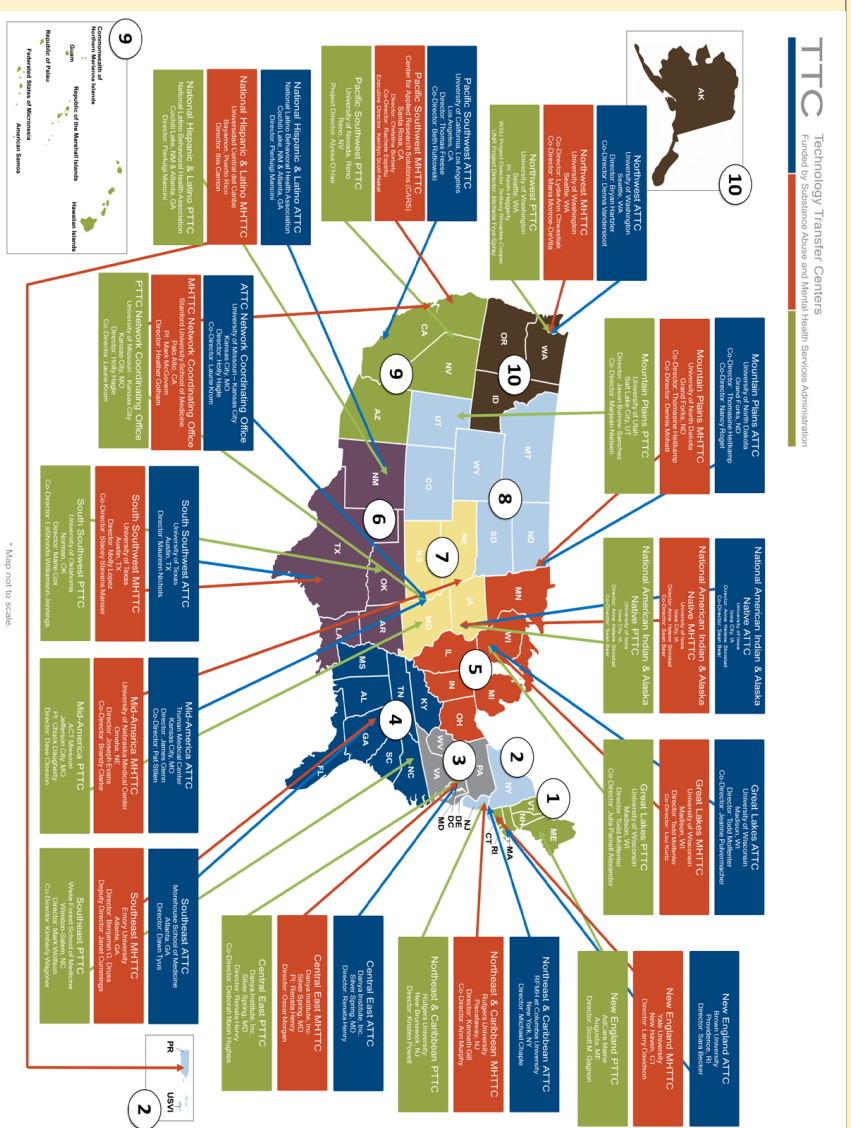
*Megan Dotson, Program Manager for MH-TTC  
Ellel Driscoll, Communications Coordinator*



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# Mental Health Technology Transfer Center



For more information, visit the ATTC website: [www.ATTCCnetwork.org](http://www.ATTCCnetwork.org)



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# Have fun, relax and enjoy!

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## *Setting the Table:*

- Registration: Please make sure you are registered. We would need your mailing address so we can send more materials.
- Materials: handouts – video – modeling – partnership -- PRACTICE
- Interactive Presentation: real play/role play – Allow yourself to not be perfect.
- ***Acknowledgements: All those who have gone before us that have allowed us to improve upon their knowledge and wisdom***
- Evaluation: GPRA as requested by SAMHSA/CSAT
- CEU's: certificate distribution



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# Participant Introductions

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Please take about 15 minutes to;

Divide into groupings of 2-3

- Name
- Learning Wishes & Hopes
- Describe and share any previous exposure and/or training in Motivational Interviewing?



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# Program Structure

- Four 2-hours days for this program
  - June 14, 17, 24, 28 (CT 11A-1P)
    - Signing in via chat will help us with any CEU requests
    - It is preferred that you attend each session as they will build upon each other
    - Please keep camera on at all times during discussion and break out rooms
    - Participation expected, at your comfort level
    - Use chat box for questions and other communication
  - Two 1-2 hours post training events
    - July 12, August 9, same time frame (CT 11A-1P)
    - Time to process the practice and get personalized support

# MI Program Goals

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- Focus on the practice skills needed to use an MI approach for behavioral change with clients
- Increase your confidence to practice and improve your skills with your involvement and permission
- Provide an opportunity for hands on learning and coaching from your presenter and your peers in a safe manner
- Where needed discuss cultural adaptations / improvement to this practice
- Allow time for practice and discussion
- Work in a virtual environment safely and efficiently



# Today's Agenda



~20"	Opening, Welcome and Introductions
~45" – 60"	Role of Motivation What Strengthens & Hinders Self Motivation; Culture, Trauma response, What is Motivational Interviewing?
~35 – 40"	MI Spirit



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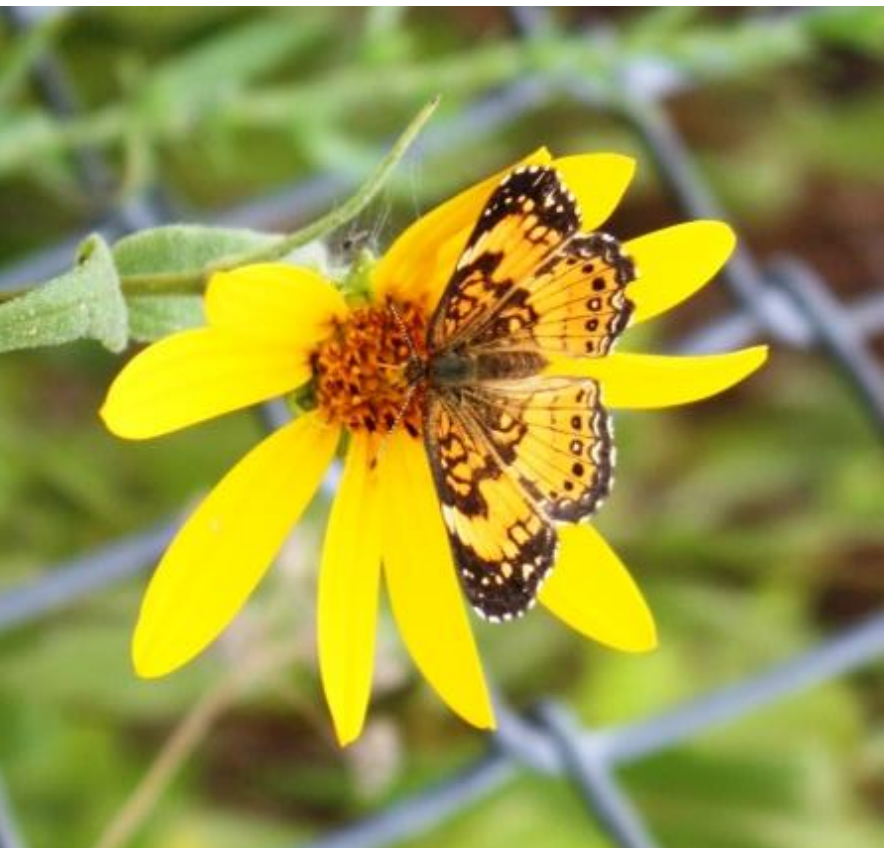
Activity:  
Please write  
down.....



1. A behavior you currently want to change
2. A behavior you have successfully changed
3. A behavior someone else wants you to change
4. A couple of things you feel two ways about (more than one – we will be using these for practice)

\*\* You will use this information during role plays throughout the training

# What Drives Change?



# Motivation

- Motivation predicts action
- Motivation is changeable
- Motivation is behavior specific
- Motivation is interactive
- Internal motivation lasts longer than external

# Conceptualizing Motivation

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- Motivation is:
  - a key to change
  - multidimensional
  - dynamic and fluctuates
  - interactive
  - can be modified
  - goal oriented
- The professional's style has a strong influence on patient motivation.



Why don't people change?

# What Motivates Change?

## When:

- Someone becomes interested in or concerned about the wants, needs, logic and hopefulness for change.
- Someone becomes convinced that the change will benefit them more than cost them.
- Someone feels capable of creating or have a plan of action that they are committed to implementing.

# Examples of Potential Change Behaviors

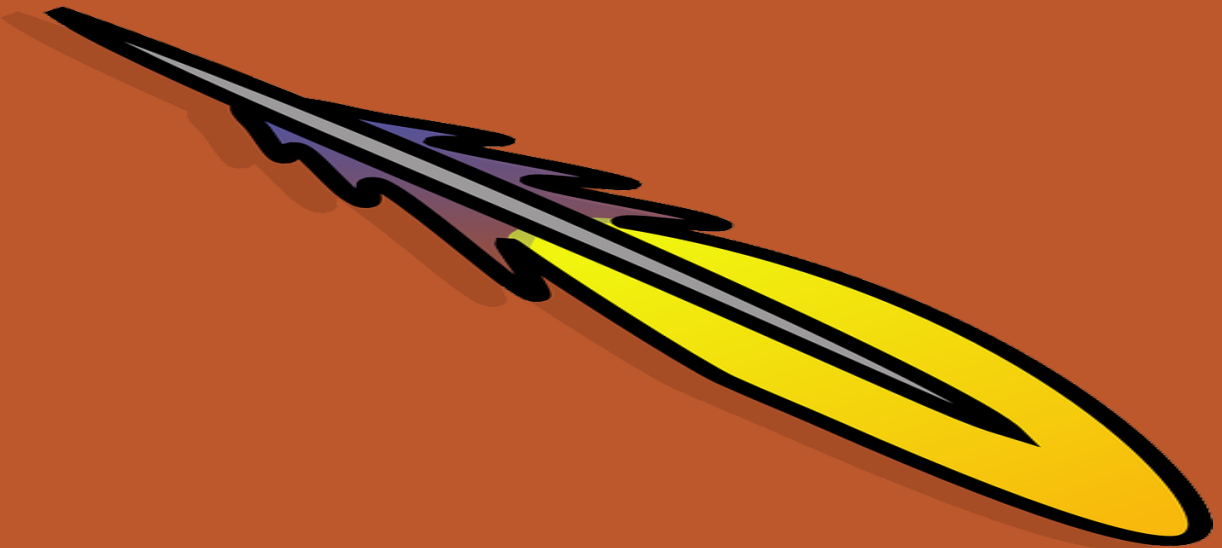
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- ▶ Help with depression
- ▶ Seek Housing
- ▶ Improve job training
- ▶ Take a parenting class
- ▶ Improve family life communication
- ▶ Drink less; (alcohol, abstinence) or smoking; (reduce use, abstain)
- ▶ Diet; (eating less, different foods, timing of meals)
- ▶ Exercise; (more active, determine activity levels, types of activities)
- ▶ Diabetes; (monitor glucose, liquids intake)



When you talk to the people don't just talk to them you talk to their spirit, that is how you are gonna reach them, that is where they will change, that is where they will heal, talk with their spirit.

--Gene Tagaban, Tlingit storyteller.  
Speaking of his teacher.



# Defining

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*Motivational Interviewing is a person centered counseling style for addressing the common problem of ambivalence about change*

*OR another way to say this...*

*MI is a goal-oriented, person centered style of communicating that improves the person ability to make movement towards change*

MI3 p. 29

# The MI 'Spirit'

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- 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

## **Spirit II, cont.**

*Collaboration*

*Confrontation*

*Evocation*

*Education*

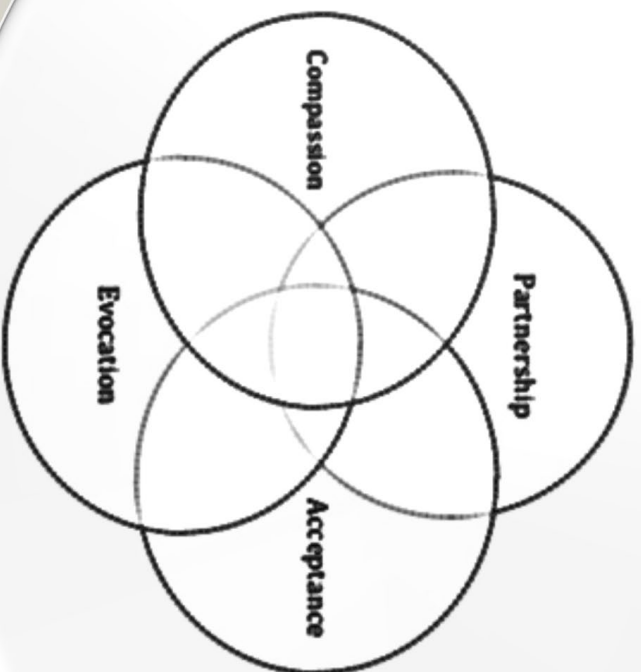
**VS.**

*Autonomy*

*Authority*

*With Acceptance & Compassion*

# MI Spirit



# MI Spirit Qualities

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Partnership – *“An active collaboration between two experts; a companion with deep respect for the other” (Miller & Rollnick, 2013, p16 -17)*

Acceptance – *“A belief that human beings have inherent worth and deserve respect without having to earn it” (Miller & Moyers, 2021, p42)*

- accurate empathy, affirming, support autonomy

Compassion – *The spirit of compassion is to have your heart in the right place ... to be able to place the welfare of the other's needs before your own, in a collaborative way” (Miller & Rollnick, 2013, p20)*

Evocation – *“the spirit of evoking it to be able to acknowledge the expertise of the other, and to call forth that wisdom – to evoke and strengthen the persons change motivations already there...” (Miller and Rollnick, 2013, p21)*

# Spirit Activity ...

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Describe the people in your life that showed you the following in your relationship with you. They can be from your past or present. Take 30” to share with each other... At your comfort level

- ❖ Who surprised you by treating you as an equal, a partner, possibly someone who served as a guide for you?
- ❖ Who was able to communicate deep acceptance of you just as you were /are?
- ❖ Who seemed concerned for and committed to your well-being, maybe even placing it before their own?
- ❖ Who brought out the best in you; your strengths, talents, even when you did not know you had?
- ❖ Which aspects of MI spirit are already inherent within your tribal values, ways of being with each other?

# Values Exercise Homework

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<https://uihi.org/wp-content/uploads/2013/08/FINAL-Value-Card-Set-082313-CMS.pdf>



# TRAVEL WELL

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