

# Workshop Wednesday:

## Motivational Interviewing – Understanding What It Is and How To Effectively Apply It in Mental Health Settings

Ivory Tubbs, PhD

February 16, 2022



Mountain Plains (HHS Region 8)

MHTTC

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

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# The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use, and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



# Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED AND  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

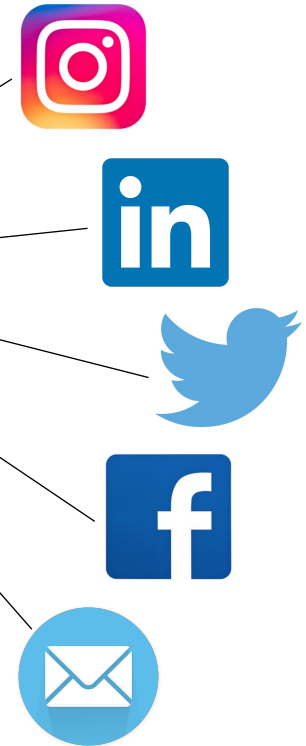
RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

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# Motivational Interviewing Philosophy

*“Who is wise? One who learns from every man...Who is strong? One who overpowers his inclinations...Who is rich? One who is satisfied with his lot...Who is honorable? One who honors his fellows.”*

**Ben Zoma, Ethics of the Fathers**



# Motivational Interviewing (MI)

- **Definition:**

Motivational interviewing is a **counseling method** that involves enhancing a patient's motivation to change by means of four guiding principles, represented by the acronym **RULE**:

- R**esist the righting reflex

- U**nderstand the patient's own motivations

- L**isten with empathy; and

- E**mpower the patient

# The Goal of MI

- To facilitate:
  - Well informed
  - Deep thought
  - INTERNALLY driven choices
  - With the intent to have behavior change but not force the change

# The Application

- Engage patients/clients in a dialogue
- Seek to create a partnership
- Work to understand what influences the patient/client's actions and behaviors
- Assist them in identifying how their behaviors affects their broader goals
- Aid them in resolving their ambivalence (uncertainty) to making the necessary changes the behavior

# Brief MI Uses

- It is used as a way of showing respect for the patient/client by listening and understanding the client
- Allows us to “know” our patient/client better...faster
- Allows for a less intense atmosphere and interaction

# Why should Brief MI be an option?

- MI accepts that behavioral changes are completely dependent on the patient/client deciding
  - It anecdotally measures how ready they are for change
  - Builds their confidence in making positive changes
  - Provides the framework to apply change in their lives
- MI is highly affective in addressing health behavior changes

# The effectiveness of MI in IPC

- **THE CLIENT IS THE FOCUS** - client centered means that the conversational focus is on the **client's** concerns, fears, and lack of knowledge about how to make the change

# Client Focused

- MI is an articulation aid:
- It assists the patient/client in being able to better explain why they are in their current situation and why they see the need to change
  - Identifies the barriers to making changes (money, stigma, time, relationships)
  - What success could look like
  - What changes could work in their lives even if the barriers remain

# The Advantages of MI

- MI provides a swift, surface assessment of the patient/client
- It greatly accelerates the process of establishing rapport and developing the trust of the patient/client
- Removes much of the pressure associated with traditional Interpersonal Therapy



# What did you say to me?

- The language we model can illicit a newer vision of themselves being successful
- Example:

*“You need to stop buying burgers for lunch every day and join a gym!”*

**OR**

*“Maybe think about bringing your lunch to work, filling it with some snacks that you like, and giving yourself a goal of having one glass of water before you can have each snack.”*

# Hitting the playback button

Skills to Use When Hearing Change Talk:

- Elaborate (Elicit more information)
- Affirm (Acknowledge specific strengths)
- Reflect (To gain deeper understanding; reinforce)
- Summarize (To highlight the key elements; steps)

# Key elements of MI communication

- Open Questions
- Reflective Listening
- Building Motivation
- Summarizing

# How to reflect what you've heard

For starters

- It sounds like you are not ready to.....
- It seems that you are having a problem with....
- It sounds like you are feeling ....
- So, you are saying that you are having trouble.....

As you improve, you can shorten the reflection....

- You're not ready to....
- You're having a problem with ....
- You're feeling that.....
- You are having trouble with....

# Continuing to build motivation

Motivation can grow as people talk about:

Values

Importance

Confidence

# Willingness Assessment

## Checking Importance and Confidence

### Importance

How important is it to you to lose weight?

On a scale of 0 to 10, with 0 being not important at all & 10 being very important...

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Not at all</b>					<b>Somewhat</b>					<b>Very</b>

### Confidence

How confident are you that you could lose weight if you decided to? On a scale of 0 to 10, with 0 being not confident at all & 10 being very confident?

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Not at all</b>					<b>Somewhat</b>					<b>Very</b>

# Wrap up

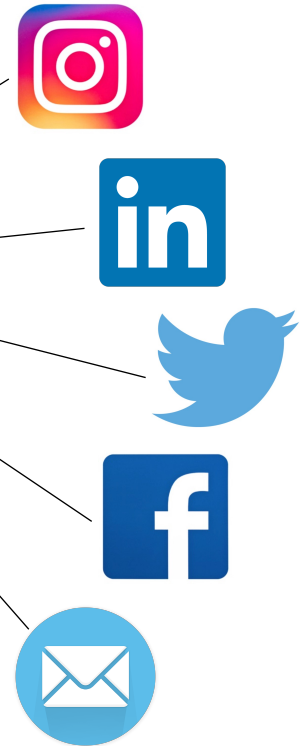
How MI helps you work with others:

- In a partnership
- To better understand ambivalence to change
- To build motivation toward realistic goals or plans

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# Thank You!

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