Motivational Interviewing
WELCOME TO OUR MORNING

OBJECTIVES

3.4.1 Define motivational interviewing
3.4.2 Identify the importance of motivational interviewing as an effective technique

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INTRODUCTIONS

- Two Truths and a Lie
- Line Up
- COMMUNICATION

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What is Motivational Interviewing?

“A directive, client-centered counseling style for helping clients explore and resolve ambivalence about behavior change.”

William R. Miller, 1991
Benefits of Motivational Interviewing

- Provides a model for the process of change
- Reframes “denial” as “ambivalence”
- Shows the counselor how to manage ambivalence about change
- Identifies client motivational structure
- Correlates with compliance


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Keep In Mind...

- Engagement is the key
  - Coercing or mandating will not result in successful or sustainable behavior change. You must have engagement and motivation.

- MI can be used in a variety of situations and is especially useful in lowering resistance and increasing cooperation/engagement when people come in guarded, angry, or frustrated.
Fundamental MI Interviewing Techniques

OARS

• Open-ended questions
• Affirmations
• Reflections
• Summarizations

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CLOSING

- Questions/Concerns?
- Evaluation

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