

Motivational Interviewing

DPO CORE

San Diego County Probation



WELCOME TO OUR MORNING

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



INTRODUCTIONS

- Two Truths and a Lie
- Line Up
- **COMMUNICATION**



San Diego County Probation



What is Motivational Interviewing?

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

William R. Miller, 1991

San Diego County Probation

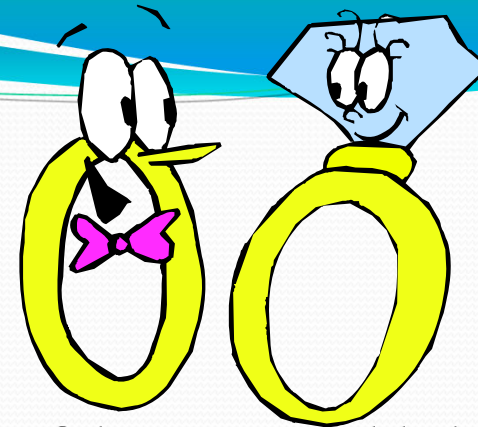


Benefits of Motivational Interviewing

- 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

Miller and Rollnick (1991), “Motivational Interviewing”, Guilford Press

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 situation 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



San Diego County Probation

 *Merçi*

CLOSING

 *Gracias*

- Questions/Concerns?
- Evaluation

Vielen
Dank

Bedankt

 **THANK YOU**

Hvala


Obrigado!


Grazie

 *Teşekkürler*

ขอบคุณ

Díky
