



Motivational Interviewing



ATTC

Addiction Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



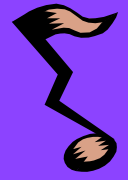
NFAR*tec*

National Frontier and Rural
Telehealth Education Center

Motivational Interviewing

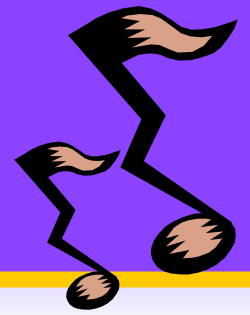
Week 1 Agenda

- Welcome and Introductions
- Pre Course Article: 10 Things MI is Not
- Thinking About Change (Prochaska & DiClemente Model)
- Ambivalence
- Motivation
- MI Spirit
- Discuss Upcoming Week's Learning Activity



Welcome and Introductions

Getting to know you . . .



What did you jot down for practical skills you'd like to get out of the MI course.

Motivational Interviewing

Thinking about change...



What are some things that you took away from you about the Article: ***10 Things MI is Not?***



Ambivalence

- MI was created to explore and resolve ambivalence and to increase motivation for change.
- Exploring ambivalence helps remove obstacles
- Resolving ambivalence moves the client toward behavior change



Ambivalence

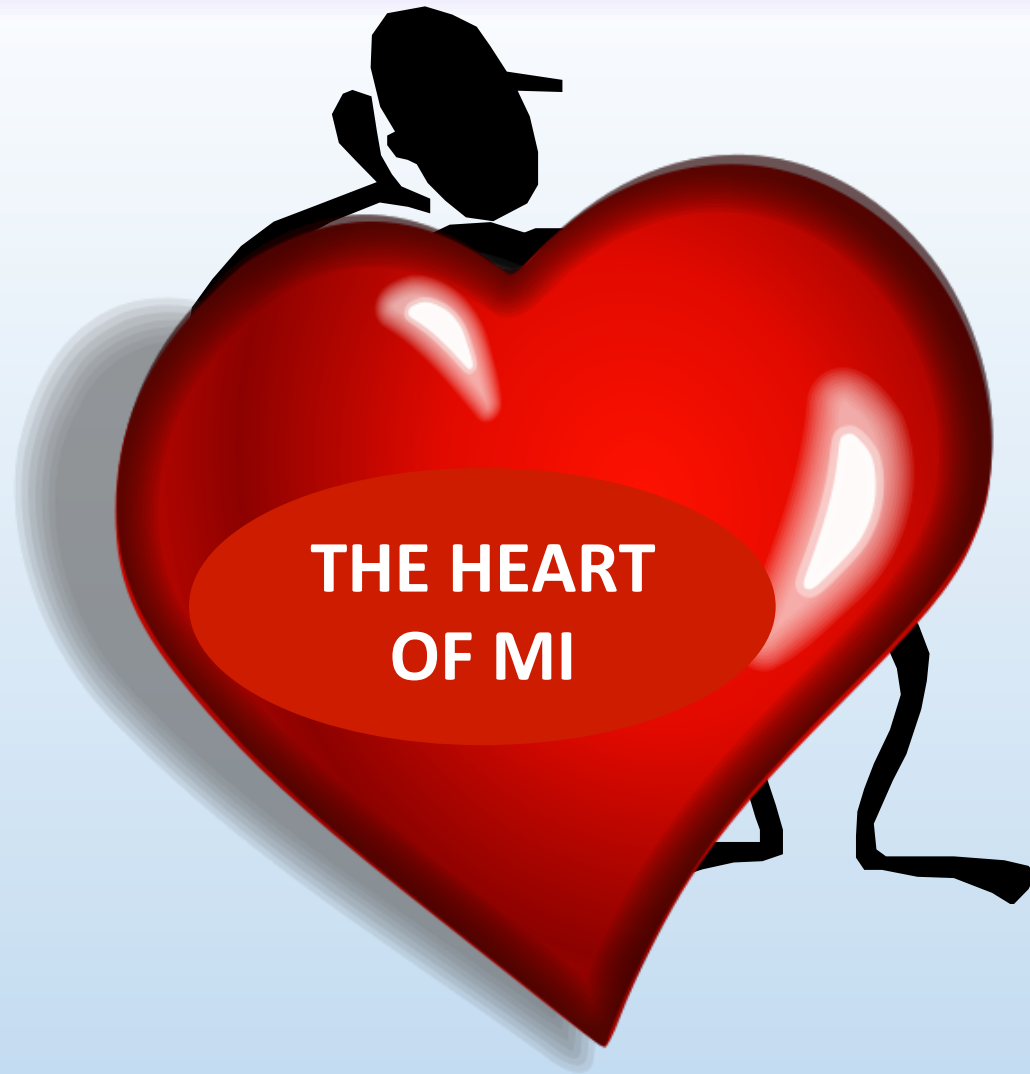
Ambivalence is like a see-saw ...



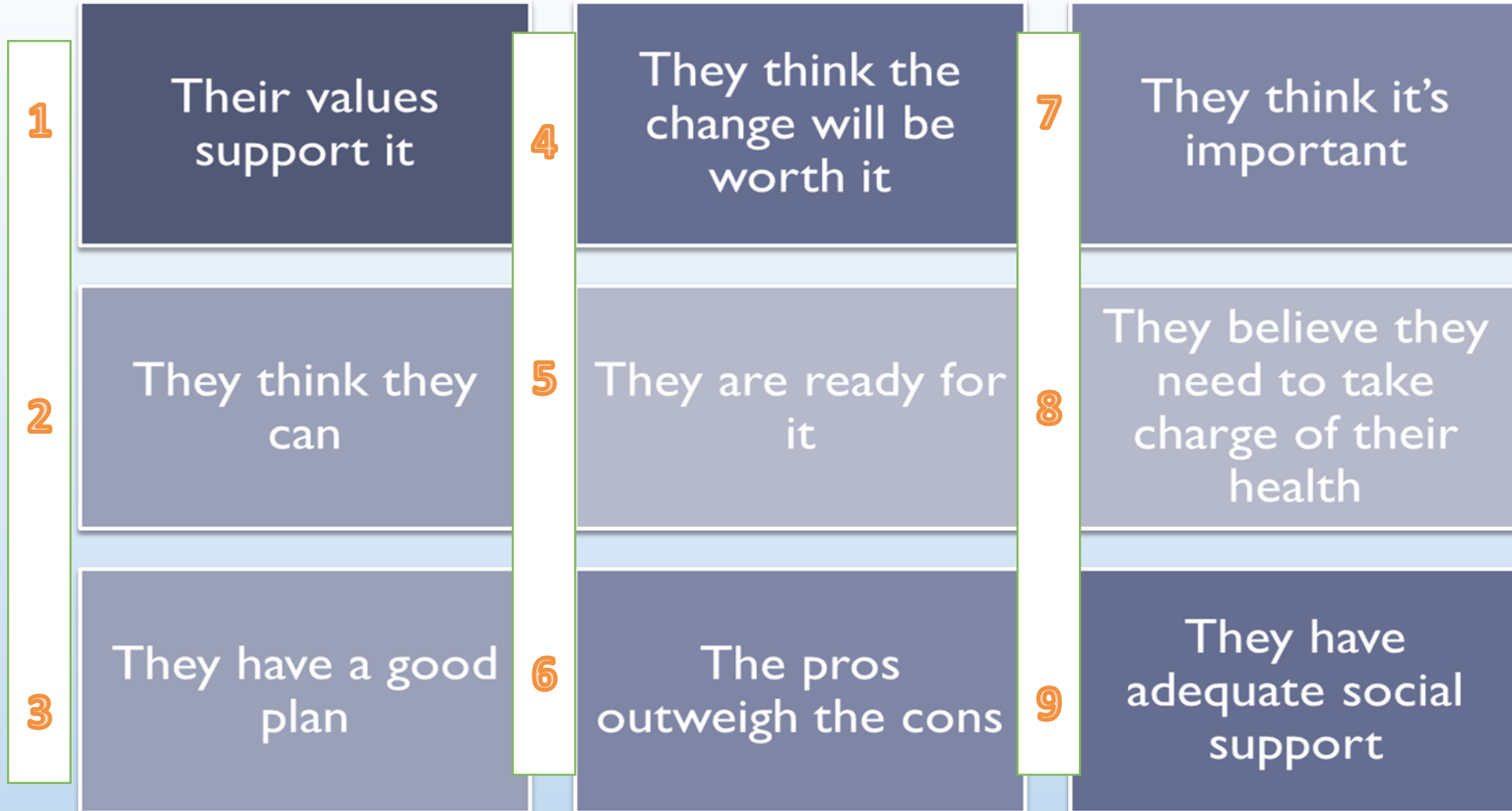
Part of the person that does not want to change

Part of person that wants to make changes

Listening to the person's struggle (ambivalence) with the behavior

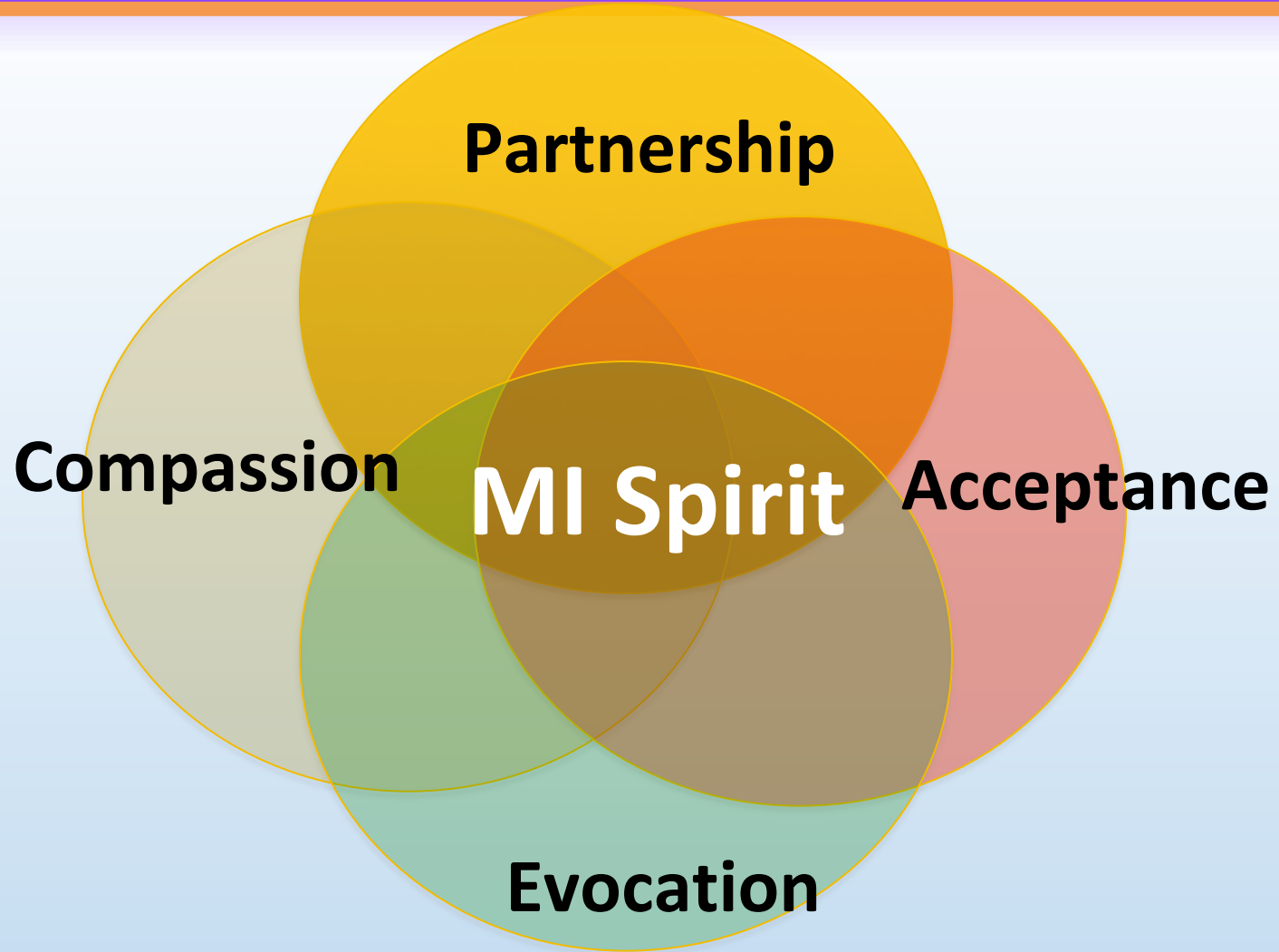


Why DO People Change?



The Spirit of MI

P
A
C
E



Week 2 Learning Activity



- Interview someone about a change that they have made.
- This can be a client, a colleague, a friend:
- **Find out:**
 - What motivated this person to make the change
 - What was the process; what did they DO to make the change happen
 - The barriers to change - what were the different sides of the argument going on with the person

REMINDER: Using the CHAT and raising your hand.

Suggestion - Keep a Course Journal for your own journey throughout the course.

To all of you ...

