

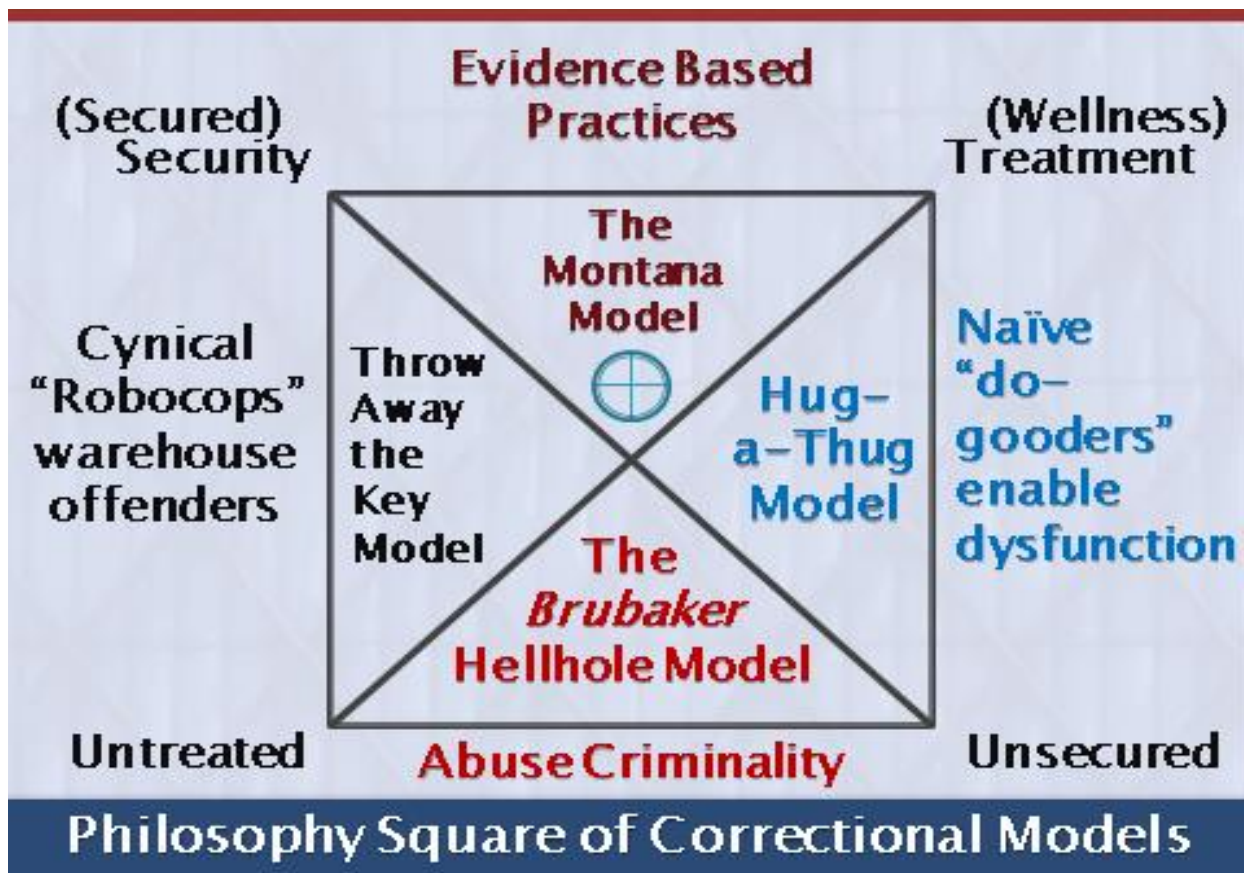
# Motivational Interviewing

## An Introduction



### Performance Objectives

- ▶ Explore MI basic skills, language, and concepts
- ▶ Explain Motivational Interviewing and its place in Corrections
- ▶ Recognize the importance of MI skills for promoting offender success



## MI HISTORY

MI – 200+ clinical trials worldwide...and counting!

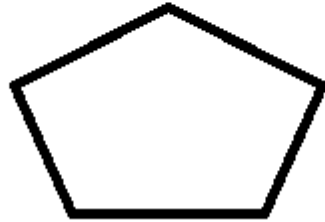
Internationally recognized Evidence Based Practice (EBP)

Now used in U.S. Correctional Institutions

Difficult offenders aren't in "denial" or "resistant." They are displaying:

# AMBIVALENCE

Sustain  
Talk



Change  
Talk

NOTES:

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# CHANGE!

Something you love to do: \_\_\_\_\_

\_\_\_\_\_

Change occurs. How does it affect you? \_\_\_\_\_

\_\_\_\_\_

You can't talk about \_\_\_\_\_ before there is \_\_\_\_\_.

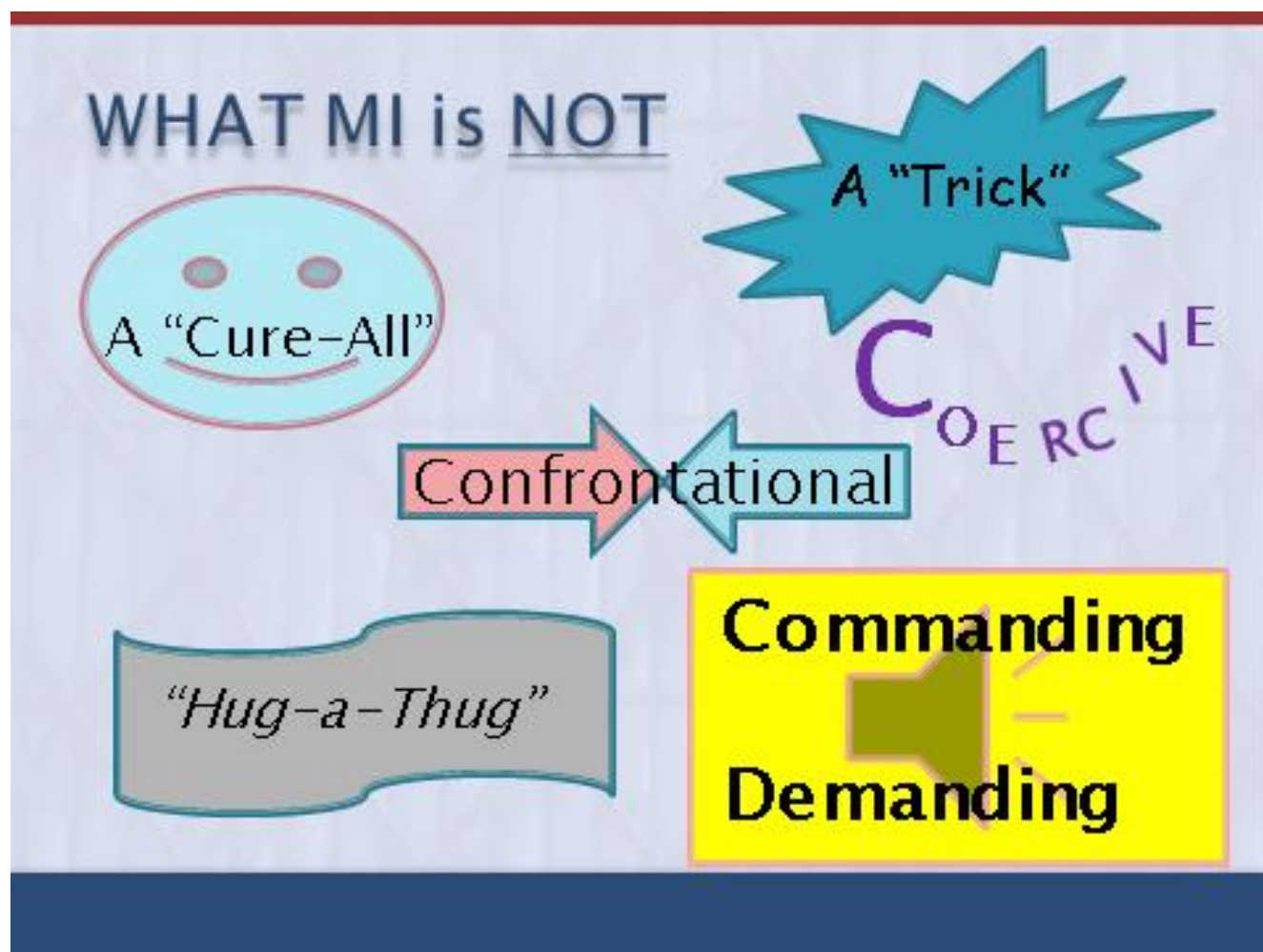
## **WHAT IS MI?**

**ORIGINAL** -- a person-centered, goal-oriented method of communication for eliciting and strengthening intrinsic motivation for positive change

**Layman's (Purpose)** – a collaborative conversation style for strengthening a person's own motivation and commitment to change

**Practitioner's (Why learn/How do I use?)** – a person-centered counseling style for addressing the common problem of ambivalence about change

**Process of evoking (How does it work?)** – A collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion



*Their problems are not our problems, and are not ours to solve.*

*We use MI skills to guide them to their own solutions.*

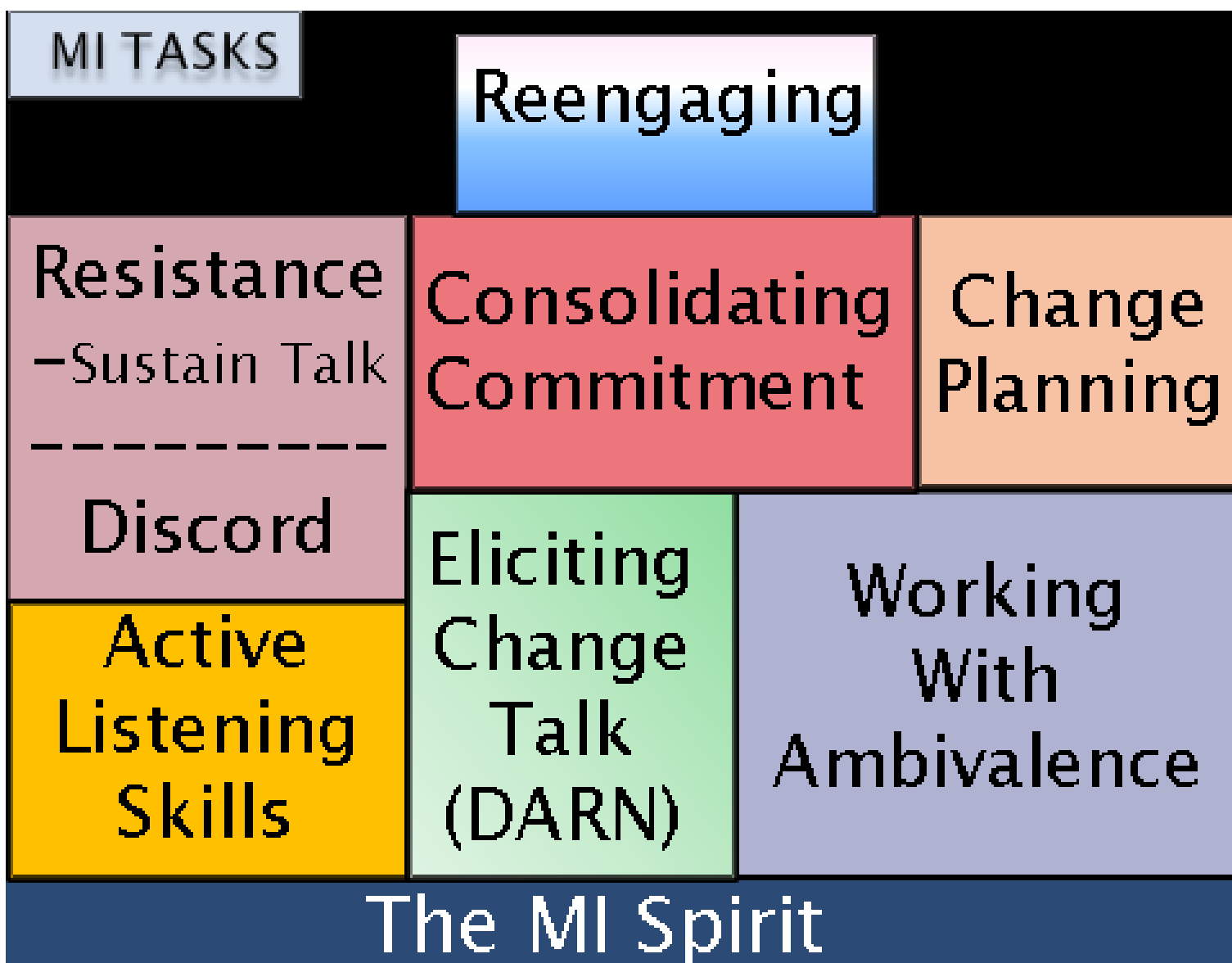
NOTES: \_\_\_\_\_

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**NOTES:**

DARN = Desire - Ability – Reason – Need ----- Change Talk

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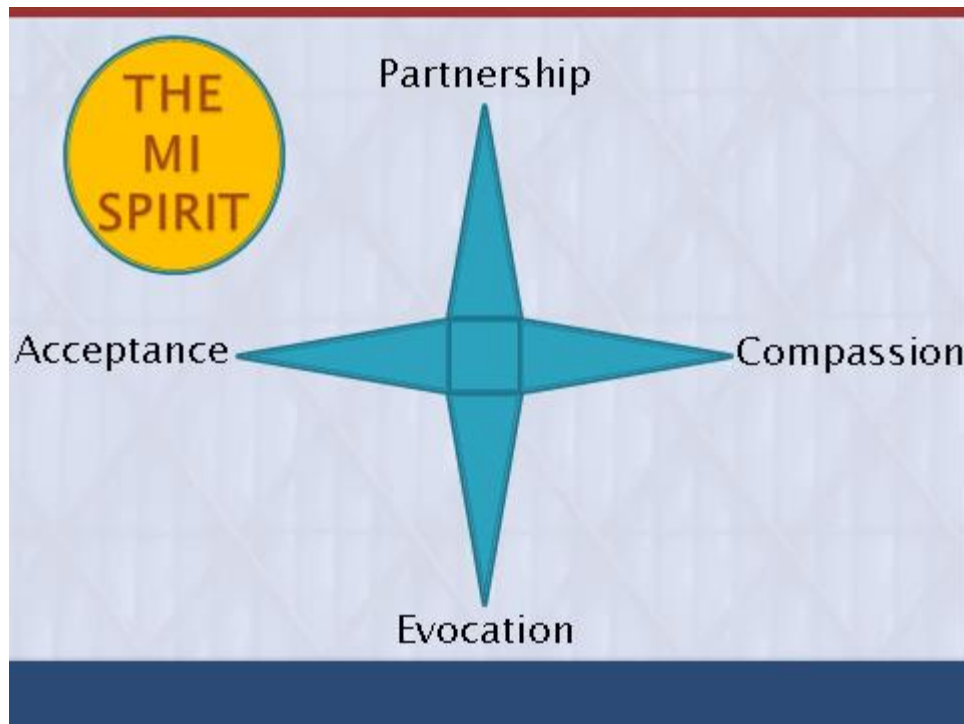
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Partnership -- Collaboration rather than Confrontation or Coercion

Evocation – Calling forth the motivation already present inside the offender

Acceptance -- Accepting the offender's autonomy (the ability to choose while understanding the consequences)

Compassion – during the change process, expressing accurate empathy while prioritizing the offender's needs

# The Four Processes of Motivational Interviewing

E \_\_\_\_\_ establishing a trusting, respectful relationship

F \_\_\_\_\_ seeking/maintaining direction toward achievable goals

E \_\_\_\_\_ resolving ambivalence in the direction of change

P \_\_\_\_\_ people follow through on their plan when they express it  
in words to another person

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## **OARS**



**O**PEN-ENDED QUESTIONS

**A**FFIRMATIONS

**R**EFLECTIONS

**S**UMMARIES



# INSTILLING DISCREPANCY

Slow Process

Personal Goals  
vs.  
Present Reality

Cognitive Dissonance



**Instilling Discrepancy / Cognitive Dissonance – Introducing two conflicting ideas.  
Helping people move from “I don’t need to change” to “Maybe I need to change.”**

**NOTES:**

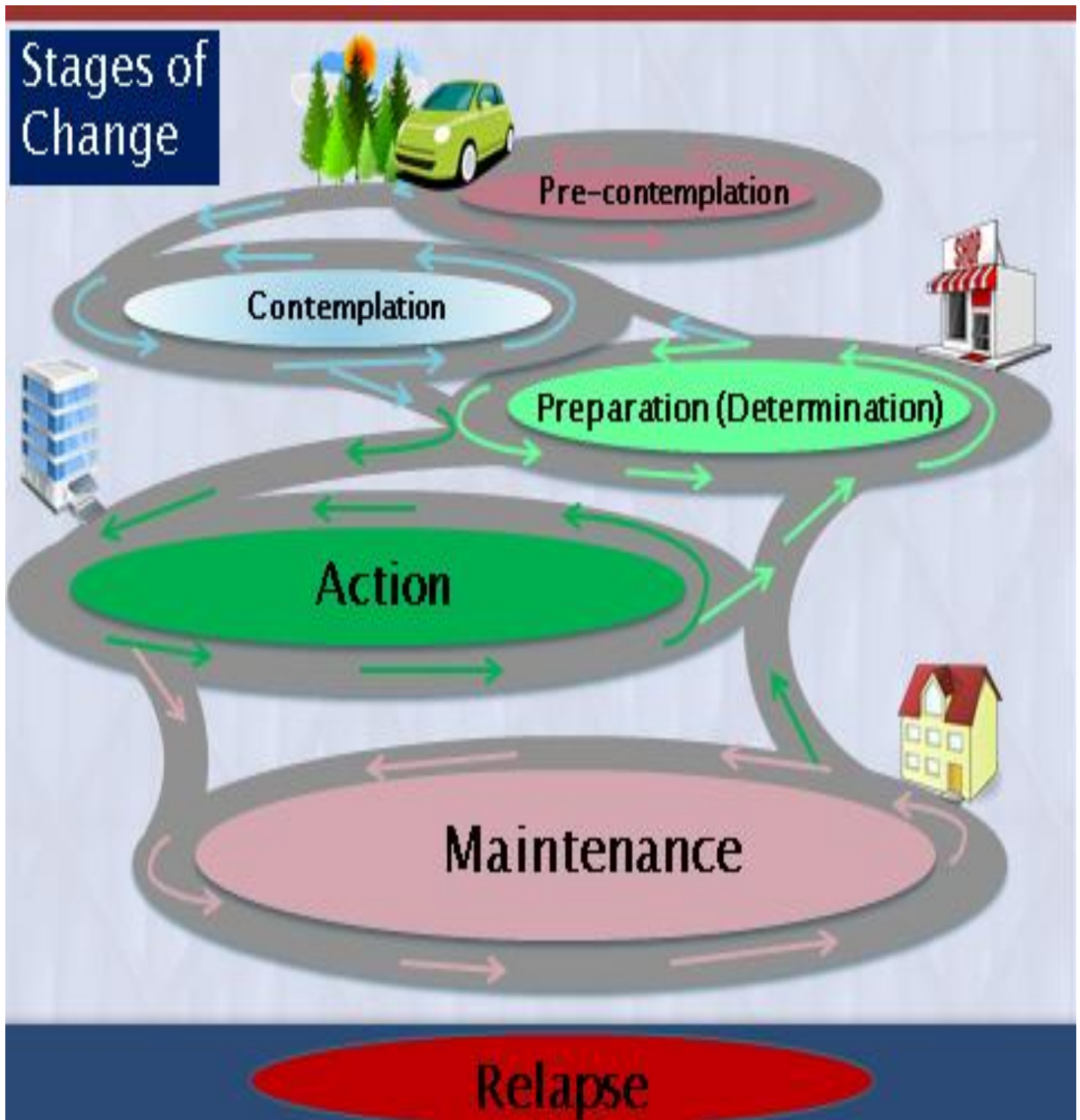
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## Stages of Change

Developed by James O. Prochaska, Ph.D. and Carlo DiClemente, Ph.D.

## **SMART GOALS (action stage)**

**S**

**M**

**A**

**R**

**T**

## Putting It All Together



MI Change Talk – Leading offenders through the Stages of Change

Your Role

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Other Tools You Can Use

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**Be a part of the solution!**

## **Additional Information**

Motivational Interviewing: Helping People Change, 3<sup>rd</sup> Edition

By William R. Miller and Stephen Rollnick

Changing for Good: A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving your Life Positively Forward

By James Prochaska, John Norcross, Carlo DiClemente

From the National Institute of Corrections ([nicic.gov](http://nicic.gov)):

- ❖ Exercises for Developing MI Skills in corrections
- ❖ Motivational Interviewing in Corrections
- ❖ Motivating Offenders to Change – A Guide for Probation and Parole

From the Substance Abuse and Mental Health Services Administration

([samhsa.gov](http://samhsa.gov)):

- ❖ Enhancing Motivation for Change in Substance Abuse Treatment

Additional Training:

Basic Effective Communication: Motivational Interviewing