

# Motivational Interviewing Series

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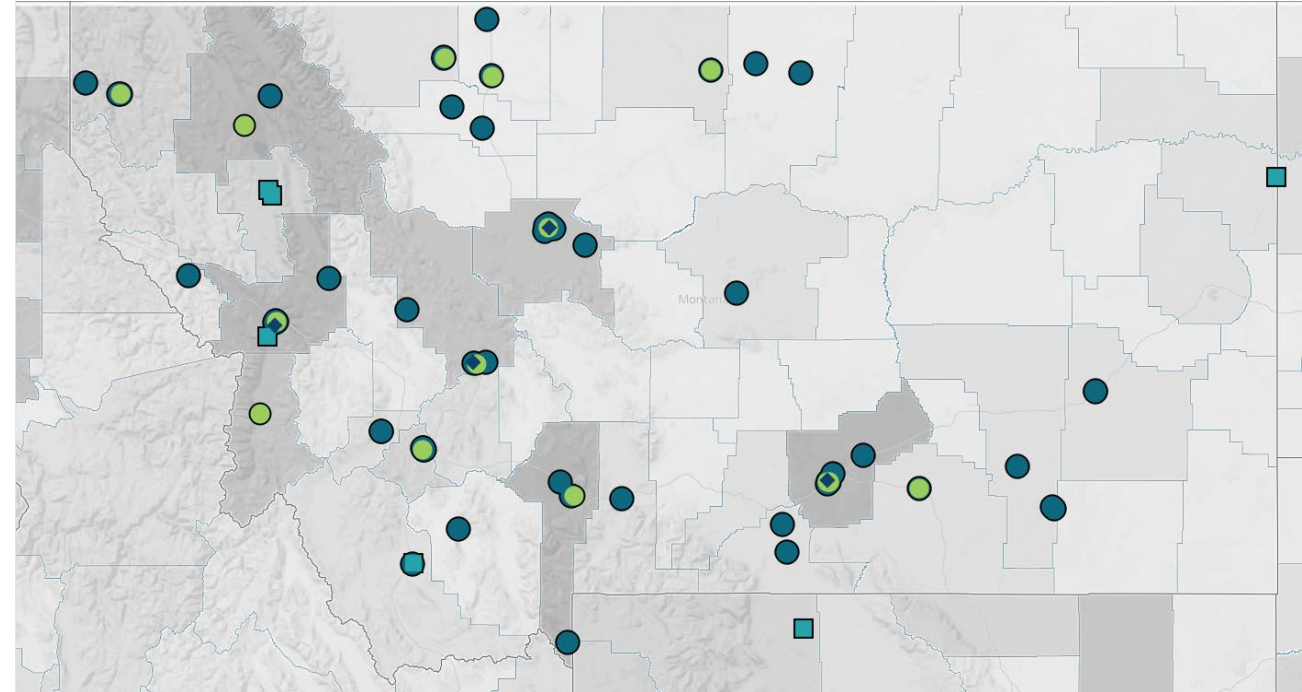
# MPCA

The **Mission** of the Montana Primary Care Association is to promote integrated primary healthcare to achieve health and well-being for Montana's most vulnerable populations.

The **Vision** of MPCA is health equity for all Montanans.

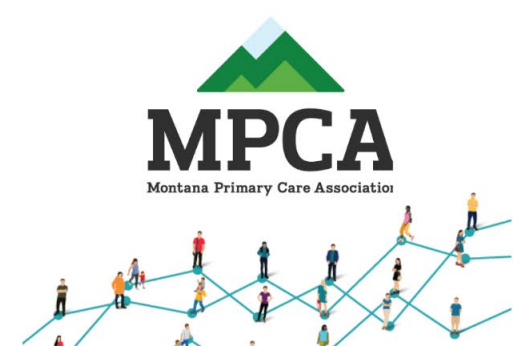
MPCA values integrity, collaborations, and innovation.

The Montana Primary Care Association is the support organization for Montana's 14 Community Health Centers and 4 of our Urban Indian Centers. MPCA centers serve over 117,500 patients across Montana.





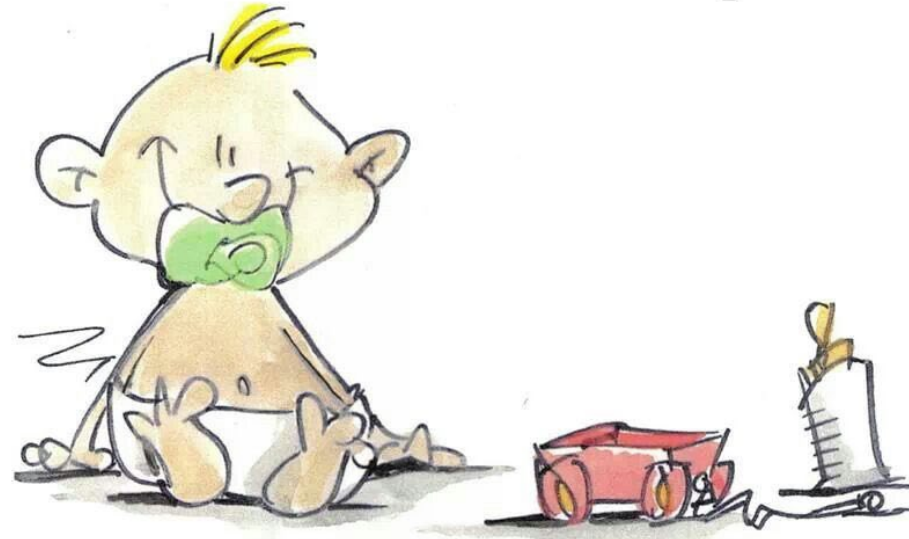
# Agenda



# What is MI?

❖ A particular way of talking with people about *change and growth* to strengthen their own motivation and commitment.

Life is like a diaper.



When things start to stink,  
it's time to make a change!

Visit Jim Hunt at [facebook.com/huntcartoons](https://www.facebook.com/huntcartoons)



Professional Child Care Association



# 8 Clinical Skills

Even when therapists follow a structured treatment manual, research shows that some therapists are just more effective than others regardless of years experience...

1. Accurate Empathy
2. Hope
3. Positive Regard
4. Acceptance
5. Shared Goals
6. Evocation
7. Offering Information and Advice
8. Genuineness



**True empathy is always free of any evaluative or diagnostic quality. This comes across to the recipient with some surprise. "If I am not being judged, perhaps I am not so evil or abnormal as I have thought".**

Carl R. Rogers

# What is Motivational Interviewing?

- ❖ MI is a way of doing what you already do.
- ❖ It is person-centered.
- ❖ It is **not** primarily seeing deficits, diagnoses or problems to be solved.
- ❖ It sees a person with strengths, hopes, and relationships who wants to be heard, valued, and viewed as competent.



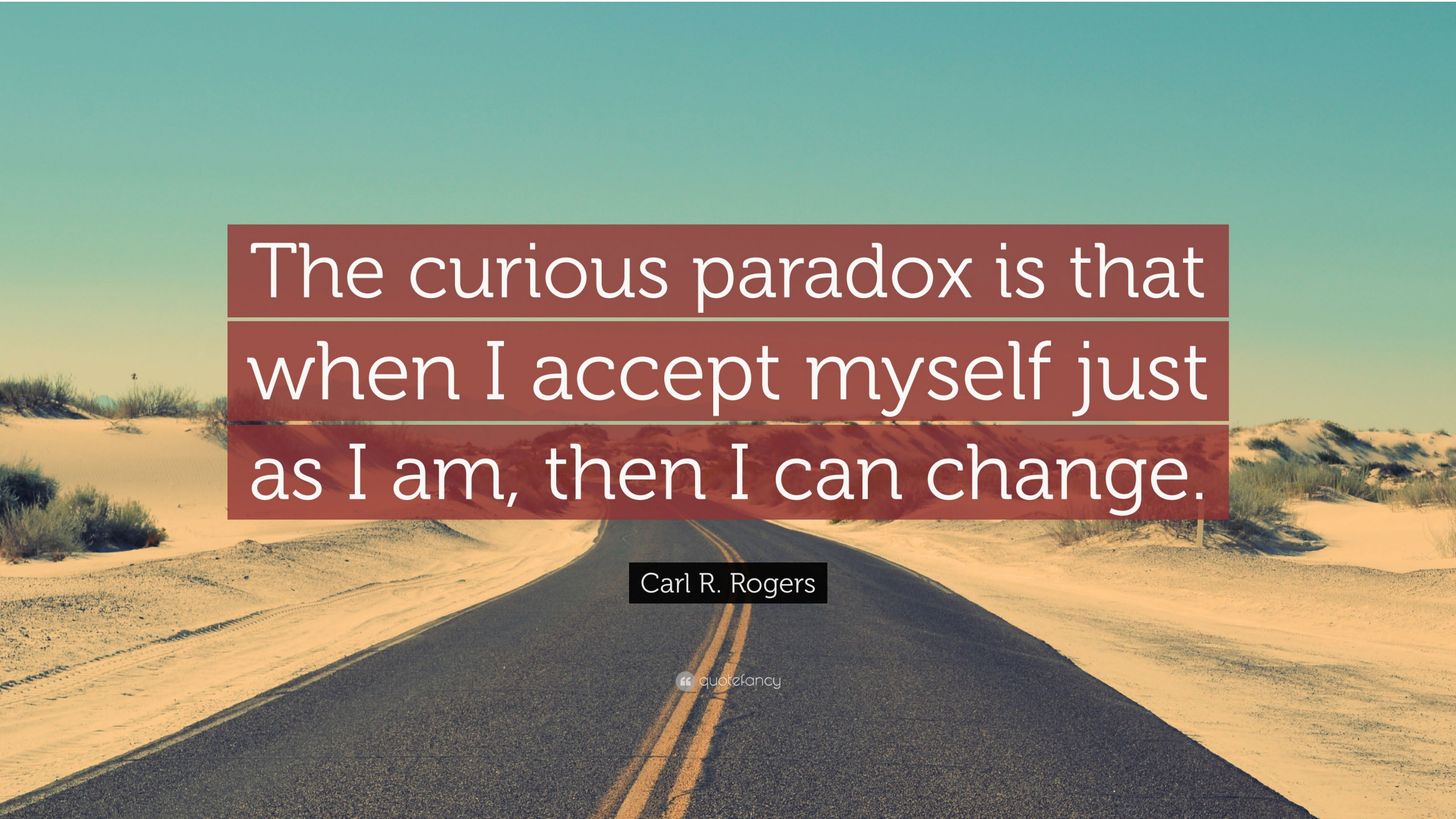
# Where do we start?

## The Spirit of Motivational Interviewing:

- Partnership
  - People are experts on themselves, and if they are the ones wanting to change, you need THEIR expertise!
- Acceptance
  - Belief that people have inherent worth and do not need to earn or prove that they deserve respect.
- Compassion
  - A commitment to support positive growth that is in the best interest of your patient.
- Empowerment
  - Helping people realize and use their own strengths and abilities.
  - *Adjusted in the 4<sup>th</sup> Edition to emphasize the importance of people's own strengths, motivations, resourcefulness, and autonomy.*





A photograph of a paved road with double yellow lines curving through a desert landscape. The road is dark asphalt, and the surrounding area is sandy with sparse, low-lying green and brown shrubs. The sky is a clear, bright blue. The text is overlaid on a semi-transparent dark red rectangular background.

The curious paradox is that  
when I accept myself just  
as I am, then I can change.

Carl R. Rogers

# Ambivalence



# Resources

Miller, W. Rollnick, S. (2002). Motivational Interviewing; Preparing People for Change, 2<sup>nd</sup> Edition

Clifford, D. Curtis, L. (2016). Motional Interviewing in Nutrition and Fitness.

Rollnick, S. Miller, W. Butler, C. (2008). Motivational Interviewing in Health Care: Helping Patients Change Behavior.

Enhancing Motivation to change in Substance Abuse Treatment, Tip 35 National Clearing House  
[www.samhsa.gov](http://www.samhsa.gov)

[www.motivationalinterview.net](http://www.motivationalinterview.net) (training tapes, articles, bibliographies, training opportunities)

[www.motivationalinterview.org](http://www.motivationalinterview.org) (MI resources ATTC website)

Links to the You tube videos on this webinar-

- The ineffective physician: Motivational approach-  
<https://www.youtube.com/watch?v=80XyNE89eCs&t=168s>
- The effective physician: Motivational Interviewing Demonstration-  
<https://www.youtube.com/watch?v=URiKA7CKtfc>

