Lesson 0905

Video/CD Title: Motivational Interviewing Training – Part 2   Author: The Change Companies

Disc Start Time: 00:00   Disc End Time: 1:00:21

Instructions: Based on the training video you are about to watch, learning motivational interviewing (MI) appears to be more about the spirit of MI instead of a series of steps or a technique to follow. MI is founded on a few basic principles upon which the facilitator (that's you) must buy into and apply in order to successfully utilize MI. The principles are as follows:

- All of the greatness an individual needs in order to make positive change in his life is already inside of him.
- The best expert on the individual is the individual himself.
- MI seeks to honor the individual in need of change by allowing the individual to be the center of the process instead of the facilitator. It is a collaboration between the two people.
- The best motivation for change can be found inside of the individual.
- MI seeks to empower the individual for change by drawing out his own change talk which in turn leads to actual change.
- Compassion and empathy for the individual are the driving force behind MI.

For most of this lesson, the form is structured to facilitate you taking notes. Interspersed within the lesson are opportunities to reflect on what you are seeing. It is recommend you that you pause frequently to takes notes and/or answer questions.

Drill Down 1:
- In this sample interview ("An Experiment in Switching Styles"), you have another opportunity to see MI in action along with other counseling styles. What did you notice about what MI looks like compared to other styles offered in the interview.

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Discussion 2: How Does Motivational Interviewing Work?

Drill Down 2:
- The Engaging Process:
  - **O**pen Questions:

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  - **A**ffirmation:

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- o **R**eflections:

- o **S**ummaries:

- The Focusing Process:
  - o Agenda Mapping:

  - o Elicit, Provide, Elicit:

- In the sample interview ("Engaging & Agenda Mapping"), how did the interviewer empower the client? How did this empowering help the client to engage in the interviewing process? How did the interviewer draw out more positive change talk from the client?