



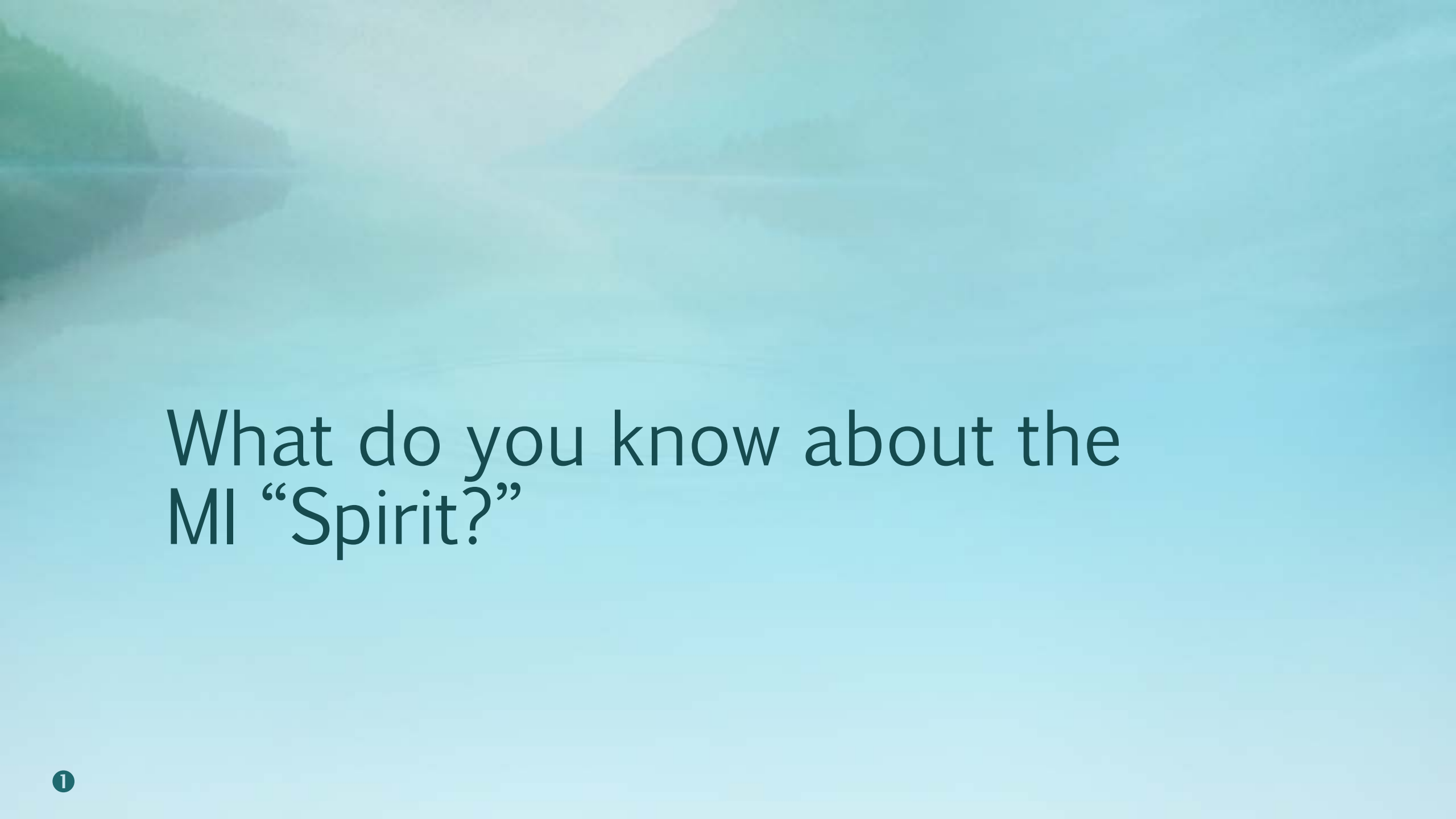
Motivational Interviewing Spirit

Objective

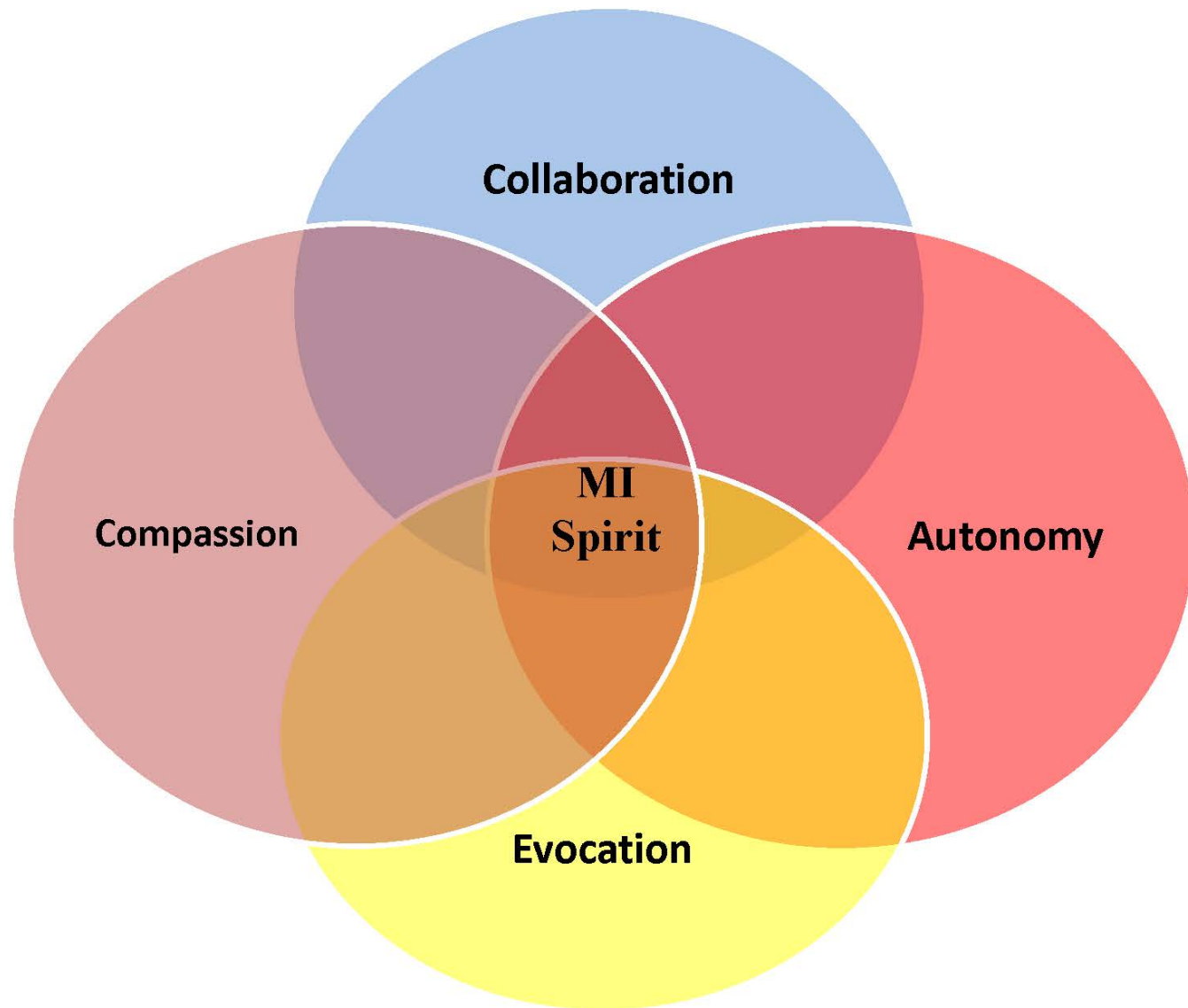
- Develop a brief description (ex. “elevator speech”) describing the key components, or Spirit, of Motivational Interviewing and differentiate quality MI from a more provider-centered directive approach



What do you know about MI?



What do you know about the
MI “Spirit?”



What do you know about the MI “Spirit?”

- MI is as much a **way of being** with patients as it is a therapeutic approach to counseling.
- Is focused on competency and strength:
 - Motivational Interviewing affirms the client, emphasizes free choice, supports self efficacy, and encourages optimism that changes can be made.
- Creates therapeutic partnerships:
 - Motivational Interviewing encourages an active partnership where the client and counselor work together to establish treatment goals and develop strategies.
 - Uses empathy not authority: Research indicates that positive outcomes are related to empathy and warm and supportive listening.

The Spirit of MI

- Brene Brown on Empathy: [a short video](#)
- <https://www.youtube.com/watch?v=1Evwgu369Jw>







What happens when people don't use approaches consistent with the MI spirit?

Please share examples.

Motivational Interviewing is NOT.....



Evidence base for Motivational Interviewing

- Miller and Rollnick launched the approach termed motivational interviewing which has been found effective with alcohol use disorders, smoking cessation, medication adherence, and lifestyle changes.
- Modifications of this approach have been studied and found to yield positive substance use and treatment outcomes, such as with college student drinkers, persons with schizophrenia, and adolescent cannabis users. Several reviews describe the effectiveness of this approach in a range of populations.

Miller, W. R. (2004). Motivational interviewing in service to health promotion. *The art of health promotion: Practical information to make programs more effective. American Journal of Health Promotion.* 18(3): 1-10.

M Salvo & M Cannon-Breland. Motivational interviewing for medication adherence. *Journal of the American Pharmacists Association.* , 2015, Vol.55(4), p.e354-61.

Heckman et al. Efficacy of Motivational Interviewing for Smoking Cessation: A Systematic Review and Meta Analysis. *Tob Control.* 2010. 19(5): 410-416. Cochrane Review, March 2015, http://www.cochrane.org/CD006936/TOBACCO_does-motivational-interviewing-help-people-who-smoke-to-quit

McGovern M, Carroll K. Evidence-based practices for substance use disorders *Psychiatr Clin North Am.* 2003 Dec; 26(4): 991-1010.

Think-Pair-Share

- Share your own “elevator speech” describing the key components, or Spirit, of Motivational Interviewing and differentiate quality MI from a more provider-centered directive approach

Parting Thoughts

- <https://www.youtube.com/watch?v=E7DU70UTI3Q>