Motivational Interviewing in a Virtual World

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Carol Ann has dysentery.

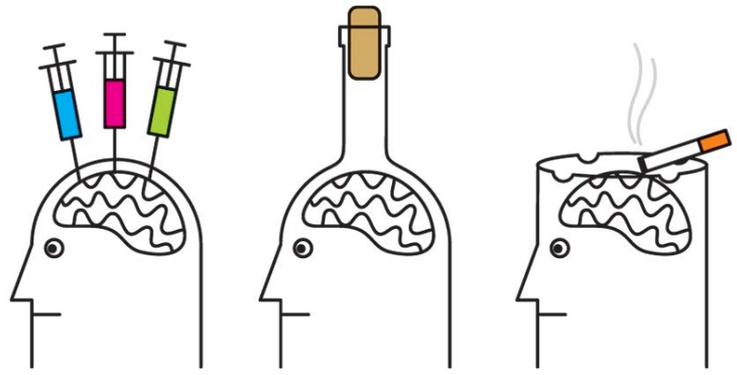
Date: March 22, 1848
Weather: rainy
Health: good
Food: 825 pounds
Next landmark: 19 miles
Miles traveled: 285 miles

Press SPACE BAR to continue

Why **Motivational Interviewing**?

It **Works**

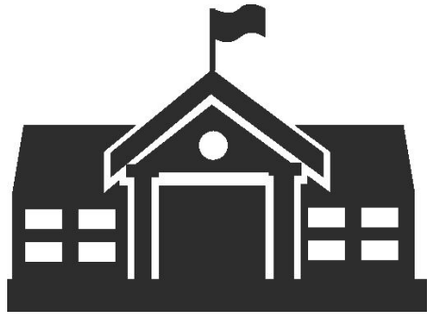
Addiction Treatment



Medical Care

Organizational Leadership

Schools



Schools

Grades

Strait et al. (2012), Terry et al. (2013), Terry et al. (2014)

Homework & Class Participation

Strait et al. (2012)

Attendance

Atkinson & Amesu (2007)

Behavior Issues

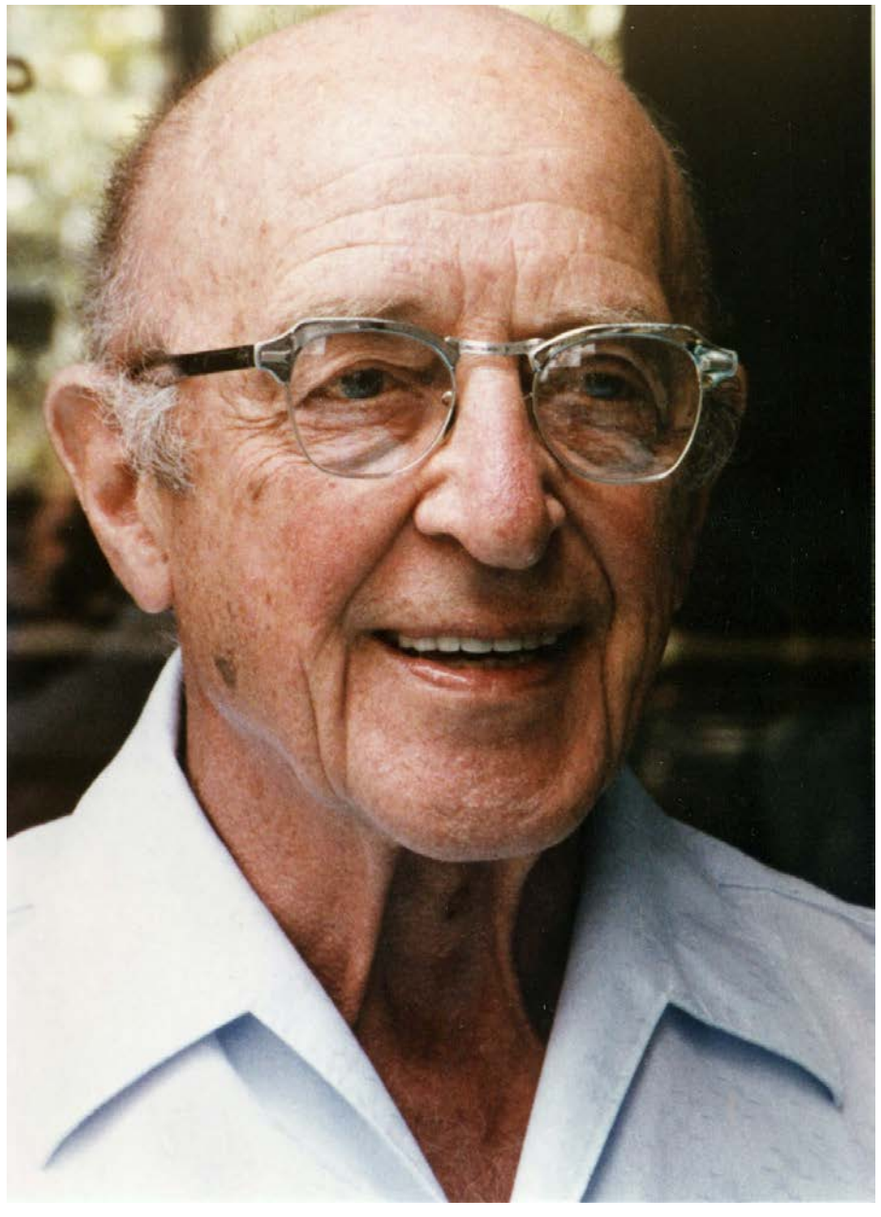
Atkinson & Woods (2003), Atkinson & Amesu (2007), Cryer & Atkinson (2015), Snape & Atkinson (2017), Ratanavivan & Ricard (2018)

It Works **Quickly**

IN 20 MINUTES!!!

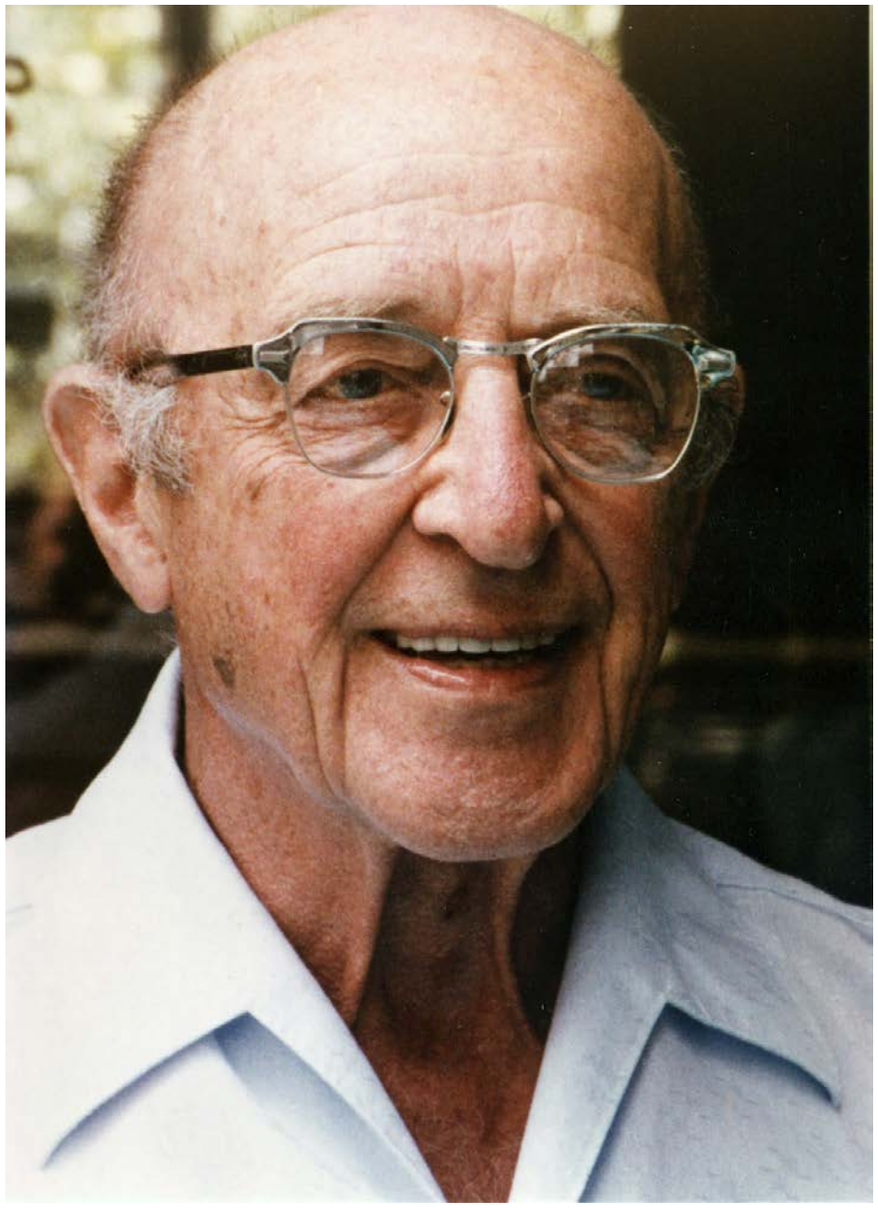
What is **Motivational Interviewing**?

CARL ROGERS



What is **Motivational Interviewing**?

CARL ROGERS



BILL MILLER

What is **Motivational Interviewing**?

BILL MILLER

"MI is about arranging conversations so that people talk ***themselves*** into change based on ***their own*** values and interests."

- Miller & Rollnick (2013)

Motivational Interviewing:

Four Processes

Engaging

Focusing

Evoking

Planning

MI =

Empathy

+

Change Talk

Empathy

…is the ability to accurately understand a student's perspective and to **reflect** their perspective back to them.

Reflect

Ask *some* Open-Ended Questions

How To Be A TERRIBLE School Counselor

***Scenario**: Student says, "I don't log on because I'm busy with other things."*

Give ADVICE

Ask a CLOSED-ENDED QUESTION

Ask Too Many OPEN-ENDED QUESTIONS

How To Be A GREAT School Counselor

***Scenario**: Student says, "I don't log on because I'm busy with other things."*

Use a SIMPLE REFLECTION

How To Be A GREAT School Counselor

***Scenario**: Student says, "I don't log on because I'm busy with other things."*

Use a COMPLEX REFLECTION

Emotions **Values**

Pause!

MI =

Empathy

+

Change Talk

Change Talk and Sustain Talk

Change Talk

consists of reasons, desire, ability, need, willingness, commitment, and taking steps to change.

Sustain Talk

consists of reasons to keep things the way they are, to support the status quo, to not embark on a plan to change.

GROW Change Talk

shrink Sustain Talk

***Scenario**: Student says, "I want to go to a good university and become a teacher someday, but Zoom calls are just too boring."*

REFLECT

REFLECT

REFLECT

GROW Change Talk

shrink Sustain Talk

ASK FOR CHANGE TALK:

- Why would you want to log on?
- What are the three best reasons to get your work done?
- How will your life be better if you started engaging?

GROW Change Talk

shrink Sustain Talk

<u>DON'T</u> ASK FOR SUSTAIN TALK:

- Why haven't you been logging on?
- What keeps you from getting your work done?
- How are your circumstances making it hard?
- What's holding you back?

MI =

Empathy

+

Change Talk

Advanced Maneuver:
QUERYING EXTREMES

*"What is the **best thing that could happen if you do** make this change?"*

*"What is the **worst thing that could happen if you don't** make this change?"*

GROW Change Talk

Advanced Maneuver:
CHANGE RULERS

"On a scale of 1 to 10 with 1 being not important and 10 extremely important, how ***important is it to you to make this change****?"*

"What makes you a 6 and not a 5?"

GROW Change Talk

Advanced Maneuver:
CHANGE RULERS

"On a scale of 1 to 10 with 1 being you're not changing and 10 being you're going to make the change today, how ***confident in your ability to change****?"*

"What makes you a 4 and not a 3?"

GROW Change Talk

Advanced Maneuver:

TWO ROADS

GROW Change Talk

TWO ROADS

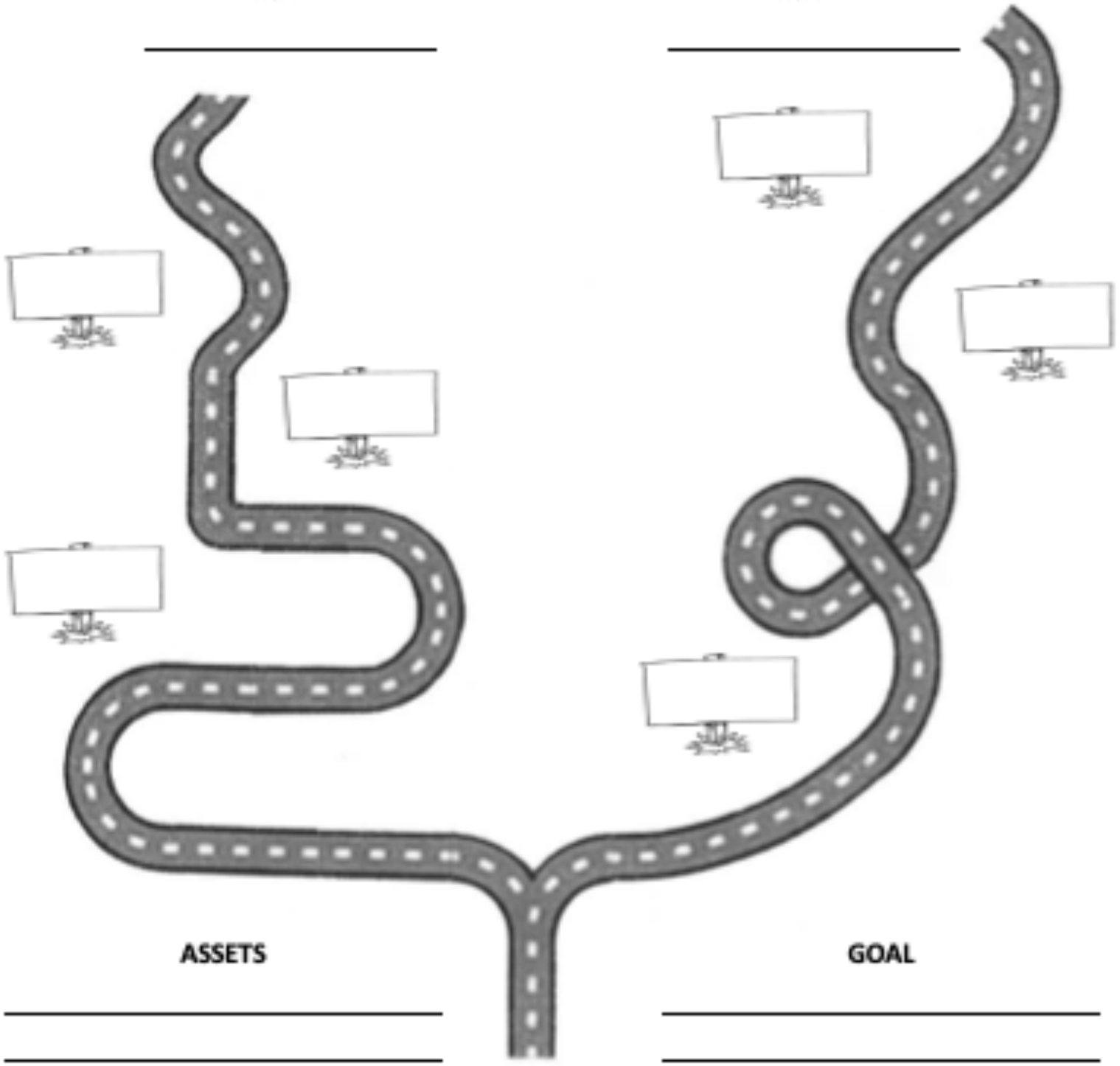
What determines your direction in life? It's essentially the result of thousands of small decisions. The goal of this activity is to help you consider what it would be like to pursue a goal that would make your life better.

ROAD 1

_____

ROAD 2

_____



ASSETS

_____

_____

_____

_____

GOAL

_____

_____

_____

_____

Advanced Maneuver:
LOOKING FORWARD

*"If you **don't** make this change, what would your life look like in a year? How about in 5 years?"*

*"If you **do** make this change, what would your life look like in a year? How about in 5 years?"*

GROW Change Talk

Advanced Maneuver:
SUMMARIZING

"If it's alright with you, I'd like to summarize what you've said so far and see if I have it right."

Always end the summary with **CHANGE TALK**

GROW Change Talk

Advanced Maneuver:

VALUES

*What 3 things do you **value** most?*

Put them in order from most- to least-important.

Why do these matter to you?

*How does the change we're discussing relate to what you **value**?*

*How could you bring your life more in line with your **values**?*

GROW Change Talk

GROW **Change Talk**

shrink **Sustain Talk**

Advanced Maneuver:

DOUBLE-SIDED REFLECTION

“_____, *yet* _____.”

“Help me out here. You decided you wanted to improve your grades, yet you didn’t turn in the last essay.”

shrink **Sustain Talk**

Advanced Maneuver:

ASK WHY OTHERS ARE CONCERNED

“You don’t think this is a problem at all. I’m wondering…why do people who love you think it is?”

shrink **Sustain Talk**

Advanced Maneuver:

ASK WHAT THEY KNOW

"You know this isn't worth changing. Can I ask, what do you know about how this might affect your life?"

shrink **Sustain Talk**

Advanced Maneuver:
REFLECT WHAT ISN'T SAID

"You're not saying much. It seems like you don't really want to talk."

shrink **Sustain Talk**

Advanced Maneuver:

OUT OF THE WOOD STATEMENT

“Let me take that back. What I should have said was…”

shrink **Sustain Talk**

Advanced Maneuver:

SHOOTING THE MOON

DISCLAIMER: This one is risky. Use with caution.

"You're ready to drop out, get a job in fast food, and live on minimum wage."

shrink **Sustain Talk**

Ambivalence and **Shame**

You're not done when a student says, "I'm going to change."

When students decide to change and fail the first time, they may hide unless they know they'll be accepted.

shrink **Sustain Talk**

Planning

Testing the Water questions:

"Where does this leave you?"

"What is next for you?"

"What do you think you'll go from here?"

"If you were going to make the next step toward [change], what would it look like?"

Planning

Ask Permission

Set a Change Goal

Pick *Imminently Doable* Steps

Celebrate and Give Grace

Return to Reasons for Change

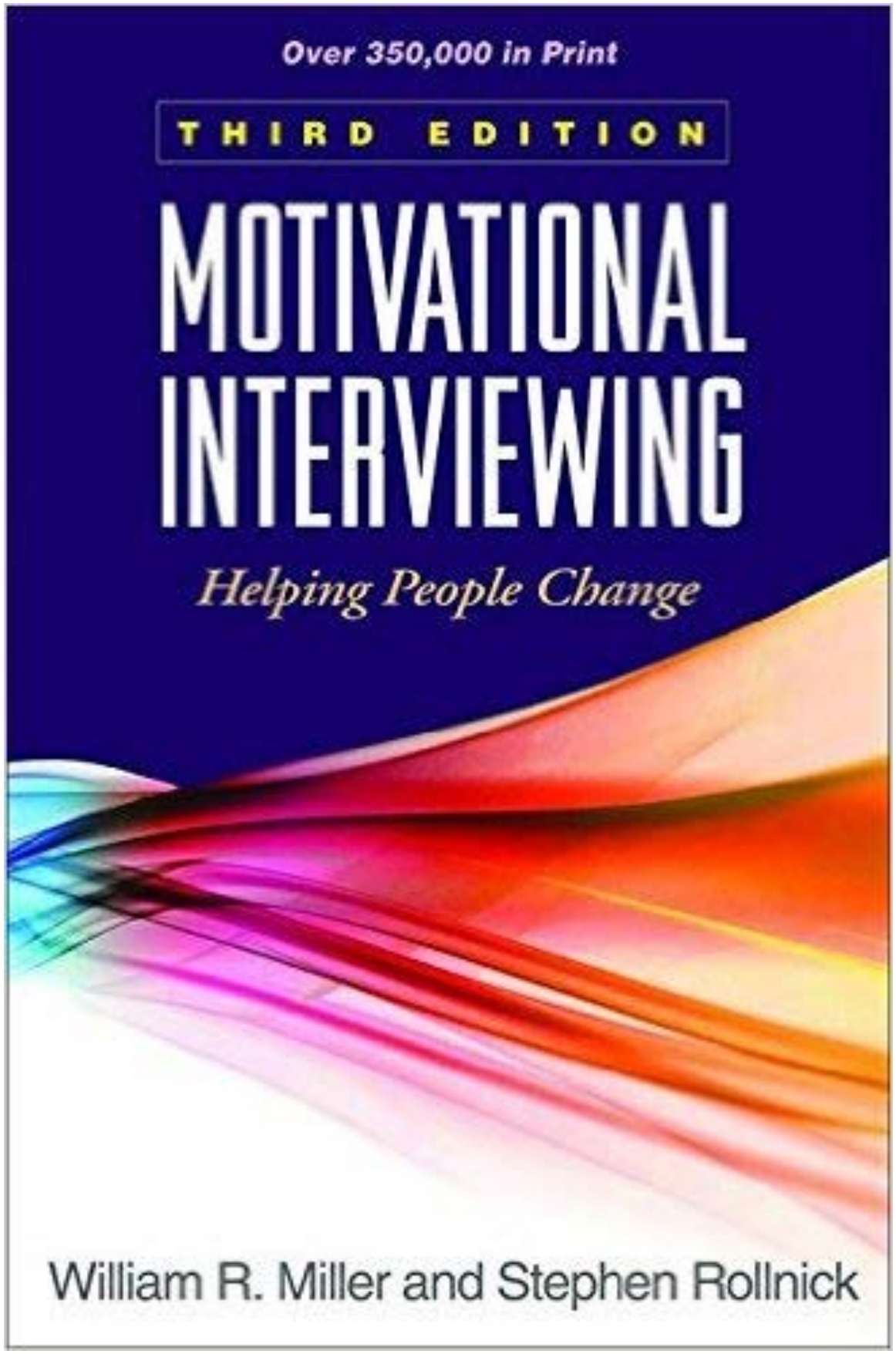
Plans Are Overrated

MI =

Empathy

+

Change Talk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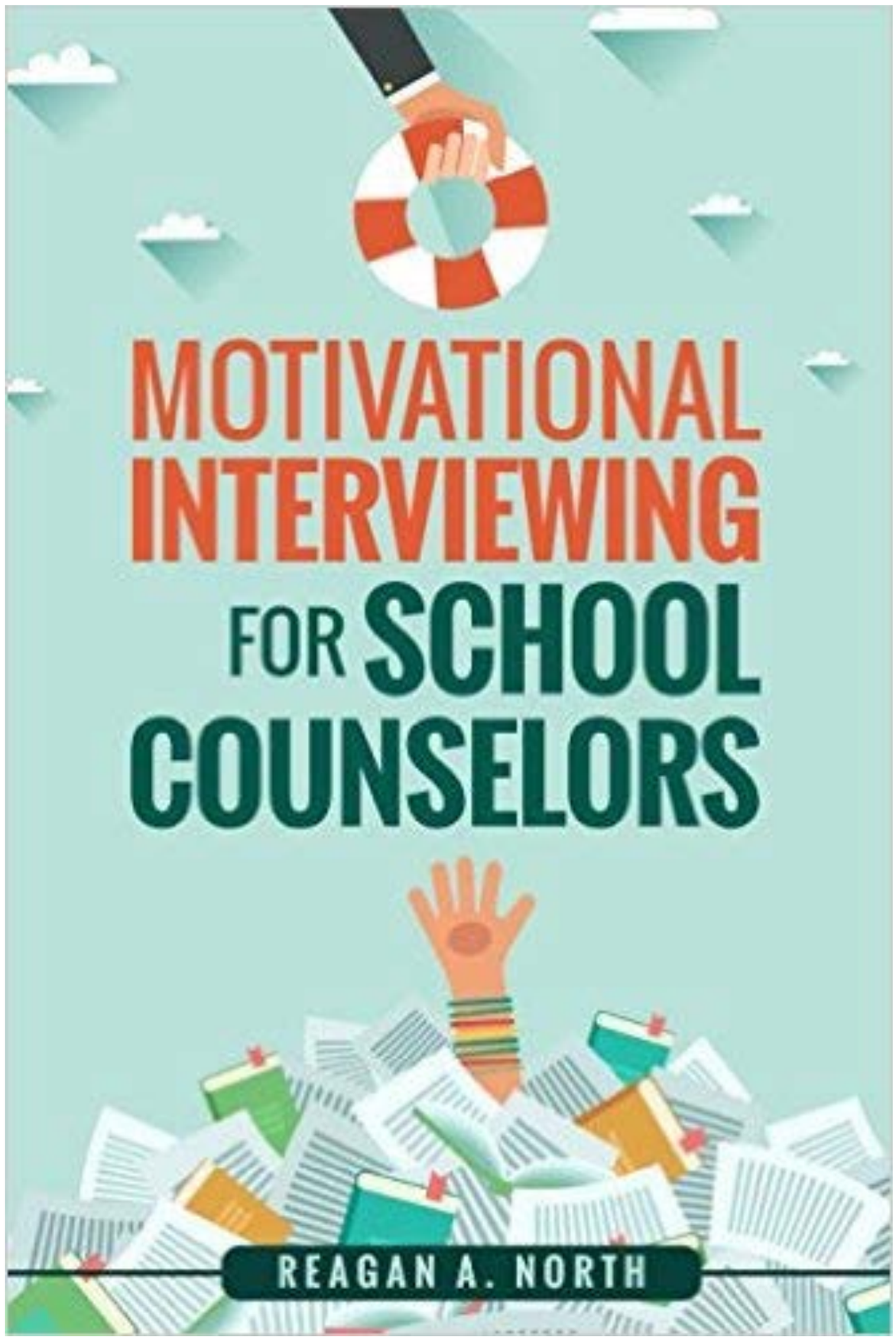
Helping People Change
William R. Miller and Stephen Rollnick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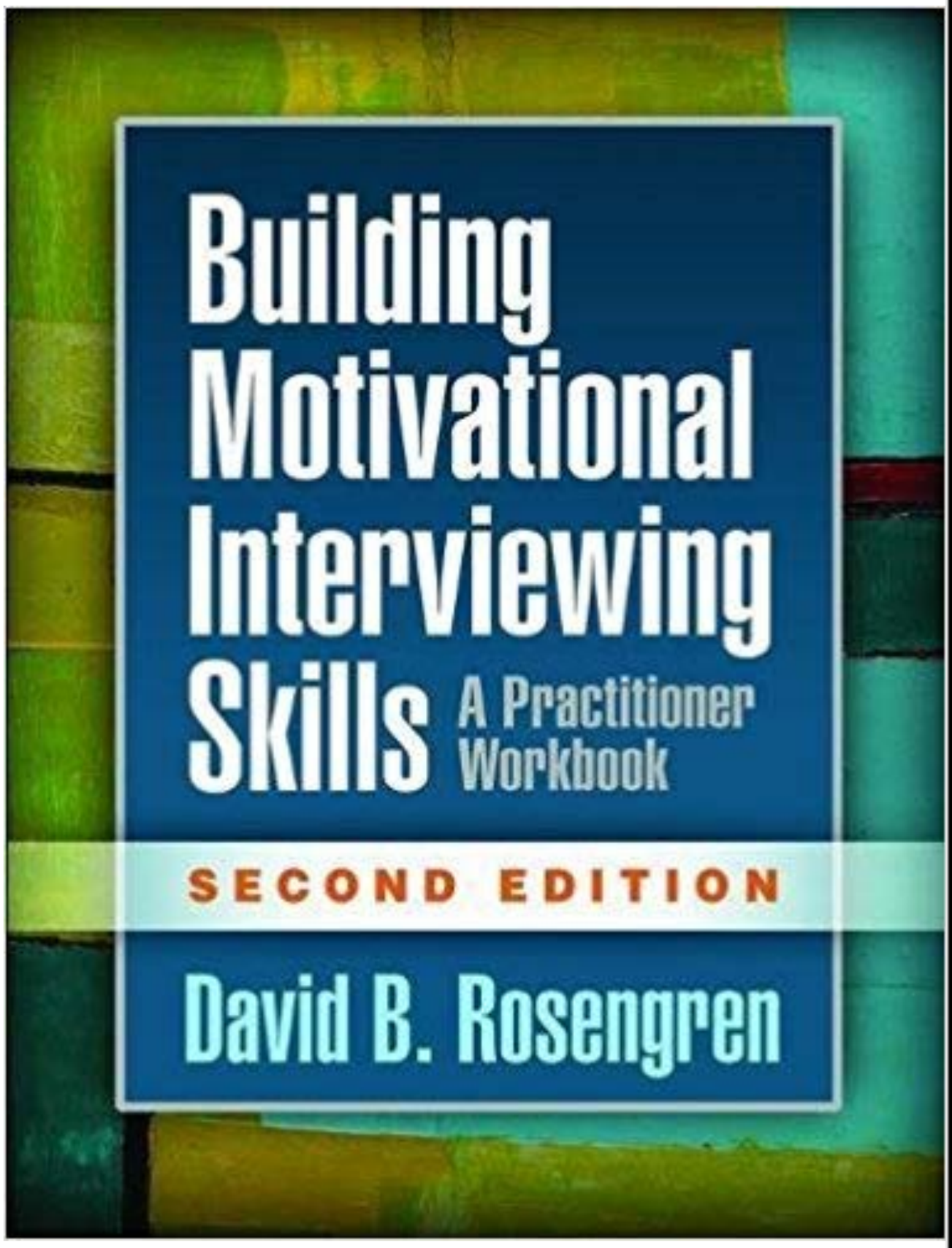
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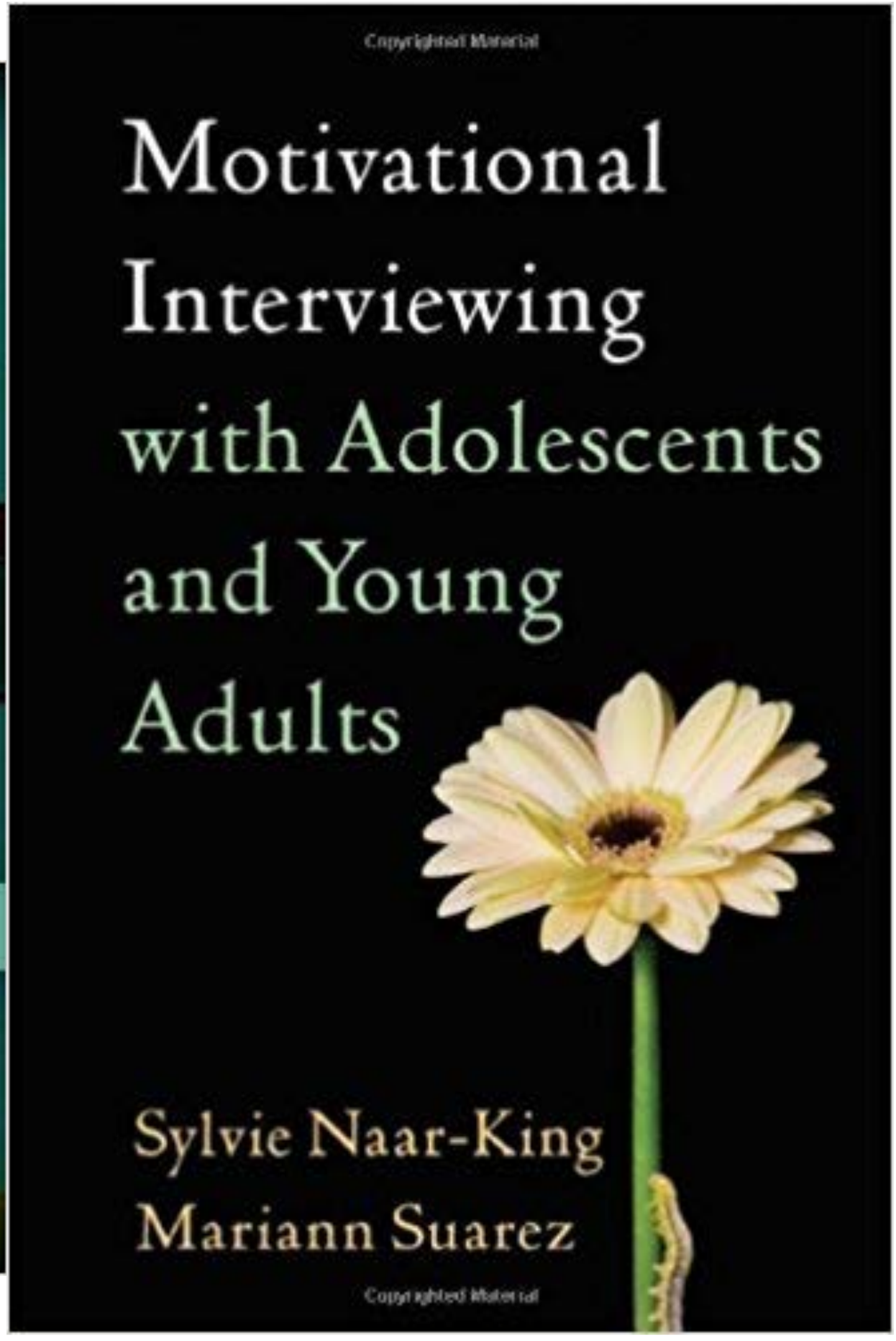
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