MOTIVATIONAL INTERVIEWING

TRAVEL SOCIAL WORK ALL ENCOMPASSING SKILLS

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INTRODUCTION

Who is in the room?

(Share the population you are serving)



Agenda

- MI defined
- Brief History of MI
- Principals of MI
- Spirit of MI
- The Flow of MI
- Core Skills
- Strategies for Evoking Change Talk
- Travel Social Work & MI
- Q&A

Motivational Interviewing (MI) Defined

A *collaborative conversation style* for the primary purpose of *exploring and resolving ambivalence* to strengthen a *person's own motivation* and *commitment to change*

Brief History of MI

- Motivational interviewing derived from Carl Roger's personcentered, approach to therapy as a method to help people commit to the difficult process of change.
- Introduced by psychologist William R. Miller (right) in 1983 and further developed by Miller and psychologist Stephen Rollnick (left).

They explored this idea:

"The more you try to insert information and advice into others, the more they tend to back off and resist."

MI led them to determining:

"Coming alongside the person and helping them to say why and how they might change for themselves."



Principals of MI

Express Empathy

Acceptance facilitates change: express acceptance not agreement. Skillful reflective listening

Develop Discrepancy

Awareness of consequences. Discrepancy between behaviors and goals motivate change

Avoid Argument

Resistance is a signal to change strategies. Client's attitudes are shaped by their words, not ours.

- Roll with Resistance
- Support Self-Efficacy
- Assess Confidence



The Spirit of MI

Partnership

Evocation

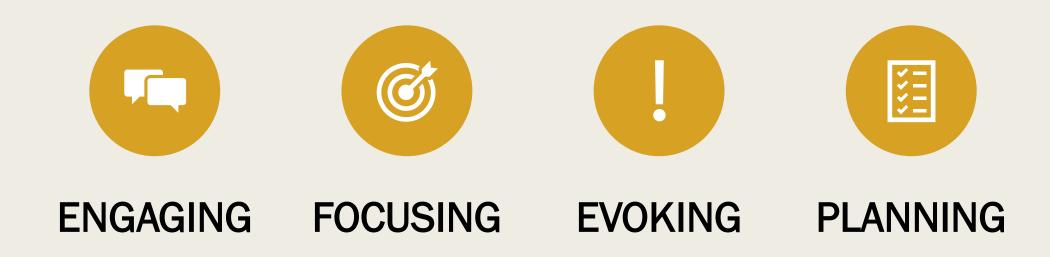
Acceptance

Compassion





The "Flow" of MI (4 Fundamental Processes)





Core Skills

<u>OARS</u>

- Open-ended questions
- <u>A</u>ffirming
- Reflective Statements
- <u>Summarizing</u>

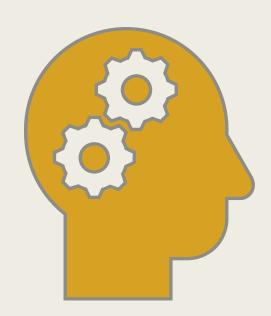




Strategies for Evoking Change Talk Desire, Reason, Need, Commitment

- Ask Evocative Questions
- **■** Explore Decisional Balance
- Ask for Elaboration
- Look Forward
- Query Extremes





Strategies for Evoking Change Talk Desire, Reason, Need, Commitment

- **■** Explore Goals and Values
- Use Change Rulers
- Come Alongside



When to Implement MI



STAY IN THE "SPIRIT"

Motivational Interviewing all encompassing skills

Stay in the Spirit

"We must always have an insatiable curiosity about the person in front of us.

When that stops it is time to do something else."

-Michael Budlong





Application of MI in Travel Social Work

Alcohol and Substance

Court ordered tx scenario...

Child/Family Therapy

Teenager scenario...

Application of MI in Travel Social Work

Hospice

■ Limited Autonomy scenario...

Mobile Crisis

■ College Student scenario...

Application of MI in Travel Social Work

School Social Work

■ Crabbing Student scenario...

Initial Encounter

Client's are the experts at their own lives scenario..

WHO CAN BENEFIT FROM MOTIVATIONAL INTERVIEWING?

(EVERY INTERACTION IS AN OPPORTUNITY FOR INTERVENTION)

QUESTIONS

I may have an answer.

THANK YOU

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