




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 person-centered, 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)



ENGAGING



FOCUSING



EVOKING




PLANNING



Core Skills

OARS

- Open-ended questions
 - Affirming
 - Reflective Statements
 - Summarizing
- 



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



**Ambivalence
is high**

**Confidence is
low**

Desire is low

**Importance
is low**



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





TRAVEL SOCIAL WORK

&
Motivational Interviewing

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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