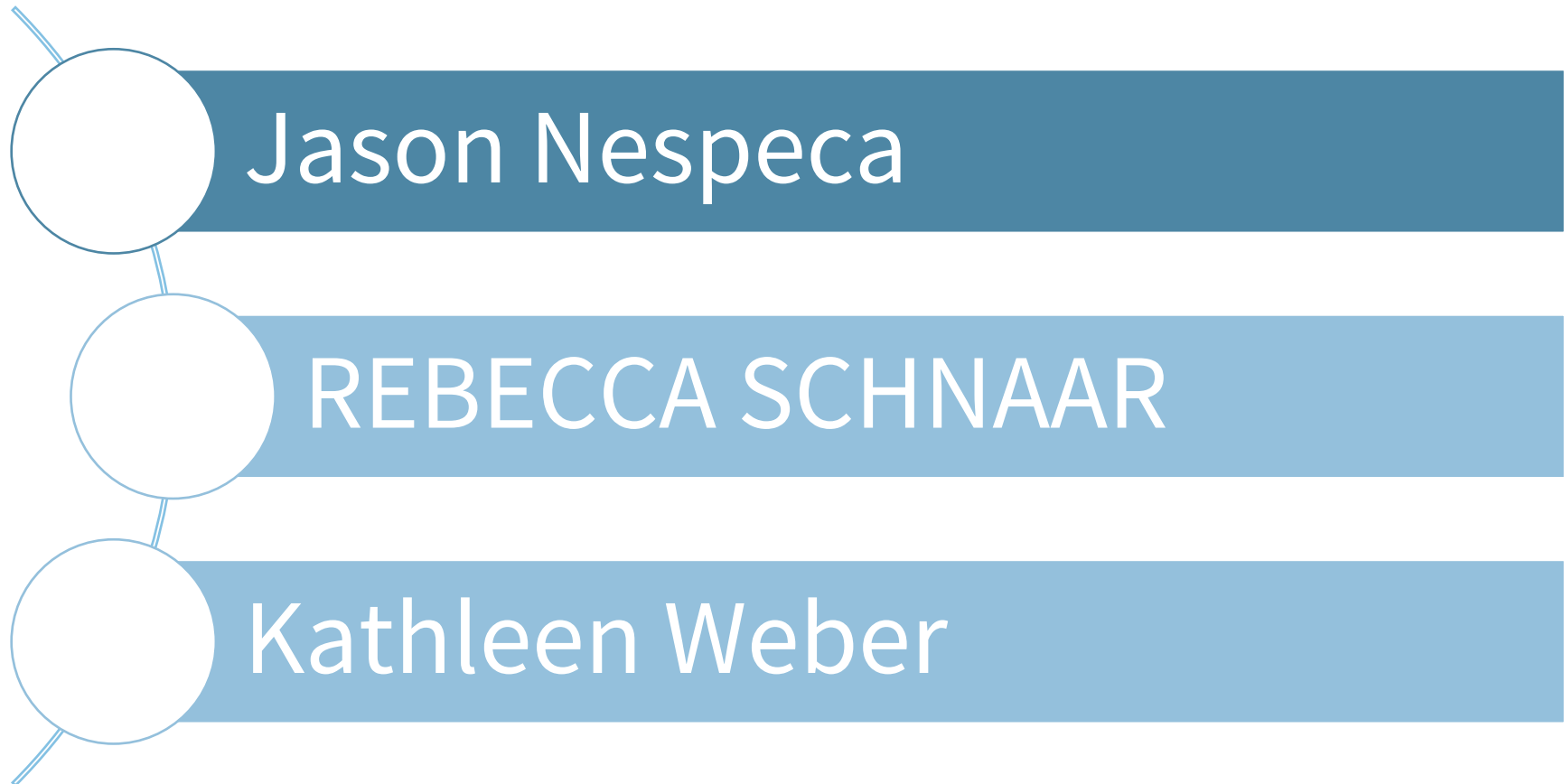




**Department of  
Rehabilitation  
& Correction**

# MOTIVATIONAL INTERVIEWING IN PRACTICE

**Ohio Correctional and Court Services  
Association**



# TRAINING OBJECTIVES

**Brief explanations of Motivational Interviewing Concepts.**



**Practice Recognizing Change Talk.**



**Practice Open Questions, Affirmations, Reflections and Summarizations.**



# SUSTAIN TALK: ONE SIDE OF AMBIVALENCE

- **Language in favor of staying the same**
- **Predictive of non-change**
- **Normal**
- **Not resistance**

# **“I DO NOT WANT TO CHANGE”**

**“I really like marijuana.”**

**“I need to smoke to be creative.”**

**“I don’t see how I could give up pot.”**

**“I shouldn't have to quit.”**

# CHANGE TALK

**Increase self-motivation**

**Listen and Encourage**

# CHANGE TALK

**Desire – want, prefer, wish, etc.**

**Ability – able, can, could, possible**

**Reason – Why do it? What would be good?**

**Need – important, must, need to, got to**

# CHANGE TALK

**“I want to  
change.”**

**“I can change.”**

**“I should  
change.”**

**“I need to  
change.”**



# PRACTICE: FIND THE CHANGE TALK

- 1. I could go to group.**
- 2. I don't think I have a problem.**
- 3. I want to control my anger better.**
- 4. All my friends use drugs, why can't I?**
- 5. I've got to learn from the mistakes I made.**

## **PRACTICE: FIND THE CHANGE TALK**

- 6. That neighborhood is bad for me; I need to avoid it.**
- 7. I've got to find a job.**
- 8. I shouldn't have to avoid my victim.**
- 9. I should stay out of trouble so I can see my kids.**

# Motivational Interviewing Spirit



# MOTIVATIONAL INTERVIEWING CORE SKILLS

**Use O.A.R.S.**

**Open-ended questions**

**Affirm strengths, effort, intention**

**Reflect feelings and change talk**

**Summarize**

# PRACTICE: OPEN ENDED QUESTIONS?

- 1. What concerns do you have about your drug use?**
- 2. Do you think your anger contributed to this?**
- 3. How would that make things better for your kids?**
- 4. What makes that so important to you?**
- 5. Did you get into trouble again?**

# PRACTICE: OPEN ENDED QUESTIONS?

- 1. When is your court date?**
- 2. What would it take to make that change?**
- 3. Don't you think it's time for a change?**
- 4. How can you ensure that you are successful?**
- 5. Is this an open-ended question?**

# OPEN-ENDED QUESTIONS

**“In what way would it be good for you to change?”**

**“How would your life be different if you made this change?”**

**“If you did decide to change, what steps would you take?”**

**“How important is it for you to change?”**

**“How confident are you that you can change?”**

# PRACTICE: COLLABORATION USING OPEN-ENDED QUESTIONS

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**“In what way would it be good for you to change?”**

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**“How would your life be different if you made this change?”**

---

**“If you did decide to change, what steps would you take?”**

---

**“How important is it for you to change?”**

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**“How confident are you that you can change?”**

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# PRACTICE: THINK COLLABORATION

**Ask so the person is the expert on themselves.**

**Ask about their goals**

**Ask about their ideas**

**Ask about their willingness to change**

# AFFIRMATIONS

- **Promote positive interactions**
- **Focus on strengths and efforts**
- **Lead to retention**
- **Avoid using the word “I”**
- **Genuine and nonjudgmental**

# AFFIRMATIONS

- **“You are able to stay home and be the father that your son needs.”**
- **“You are trying so hard. You took a big step.”**
- **“You have made changes to your routine to avoid risk situations.”**
- **“You are taking the necessary steps to be a good father.”**

# PRACTICE: AFFIRMATIONS

- **You are taking the necessary steps to...**
- **You must be a resourceful person to have...**
- **You have the ability to...**
- **You are trying hard to...**
- **You have been successful at...**
- **You will be successful at...**

# PRACTICE: AFFIRMATIONS

## Acknowledge

**Strengths**

**Good  
intentions**

**Efforts**

**Abilities**

**Listeners: Did you hear the person acknowledge their strength, ability, good intentions or efforts?**

# REFLECTIONS

- **Repeating their words.**
- **Restatement with different words.**
- **Making a guess at their meaning.**



**Use 2 Reflections  
for every question**



# FORMING REFLECTIONS

- **Make a guess about what the person means.**
- **It's okay to guess wrong.**
- **Form a statement, not a question.**
- **Inflect your voice down at the end.**
- **A reflection is typically not longer than the statement.**



# REFLECTION EXAMPLES

**“You see a connection between your drug use and the possibility of ending up back in prison.” (CONTENT)**

**“You are worried that if you continue using you might end up back in prison.” (FEELING)**

**“Your children are important to you, and you want to be there for them.” (MEANING)**

# REFLECTION DEMONSTRATION

Microsoft Teams

## MI recording

2021-11-04 13:49 UTC

Recorded by: Addison, Dianne      Organized by: Addison, Dianne

# PRACTICE: REFLECTIONS

**Restate using different words**

**Restate feelings**

**Restate beliefs**

**Restate attitudes**

**Take a guess at what the person means**

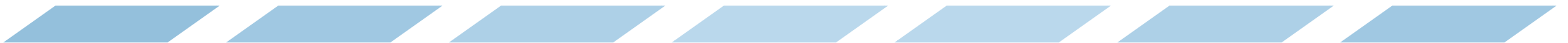
**Take a guess at what the person feels**

# SUMMARIES

**Let the Individual know that you are going to summarize.**



**Pull out 3 points about what the Individual said.**



**Allow for corrections.**



## SUMMARY EXAMPLE

**Okay Let me see if I have this right. You started shoplifting for extra money, shoplifting has cost you more than it was worth, and made less than your current job.**

# PRACTICE: USING SUMMARIES

**Let me see if I have this right**

**Collect 3 things about what was said**

**Listener: Do you think this would lead an  
Individual to talk about change?**

# RESPONDING TO SUSTAIN TALK

**Language in favor of staying the same**

# STRATEGIC RESPONSES: REFRAME

**Acknowledge the person's perspective in  
a different light.**



# STRATEGIC RESPONSES: EMPHASIZING PERSONAL CHOICES AND CONTROL

**Verbally acknowledge the person's power over their life.**

# PRACTICE RESPONDING TO SUSTAIN TALK

## Reframe

**Ultimately you decide...**

# ELICITING MORE CHANGE TALK



**Increase self-motivation**

**Listen and Encourage**

# Importance Ruler

On a scale of 0 – 10, how important is it for you to (manage your anger)?

1. Why are you at a \_\_\_\_\_ and not a zero?
2. What would it take for you to be at a \_\_\_\_\_ (one number higher)?

How **important** is this change to you right now?



# REQUEST ELABORATION

- **“What can you tell me about...”**
- **“What else...”**
- **“What's an example...”**
- **“What can you tell me about the last time that occurred...”**

# PRACTICE GETTING MORE CHANGE TALK

**On a scale of 0-10 how important is...Why aren't you one lower number? What would it take for you to be 1 number higher?**

**What is an example of...**

**What else can you tell me...**

# CONCLUSION

## Listen for Change Talk

**Be in MI Spirit: Partnership, Empowerment, Acceptance and Compassion**

**Use Open Questions, Affirmations, Reflections, Summaries**

# CONTACT INFORMATION

**Rebecca.Schnaar**

**Richard.Nespeca**

**Kathleen.Thomas**

**@DRC.OHIO.GOV**

**Learn more and watch Ohio Parole Officers using Motivational  
Interviewing at:**

**<https://appgateway.drc.ohio.gov/EBP/motivationalinterviewing/index>**