MOTIVATIONAL INTERVIEWING WITH CRIMINALLY-INVOLVED YOUTH

GANGS, TRAUMA AND COMMUNITY: IMPROVING OUTCOMES

UNDERSTANDING CHANGE

AUTOBIOGRAPHY IN FIVE SHORT CHAPTERS

WHAT IS MOTIVATIONAL INTERVIEWING?

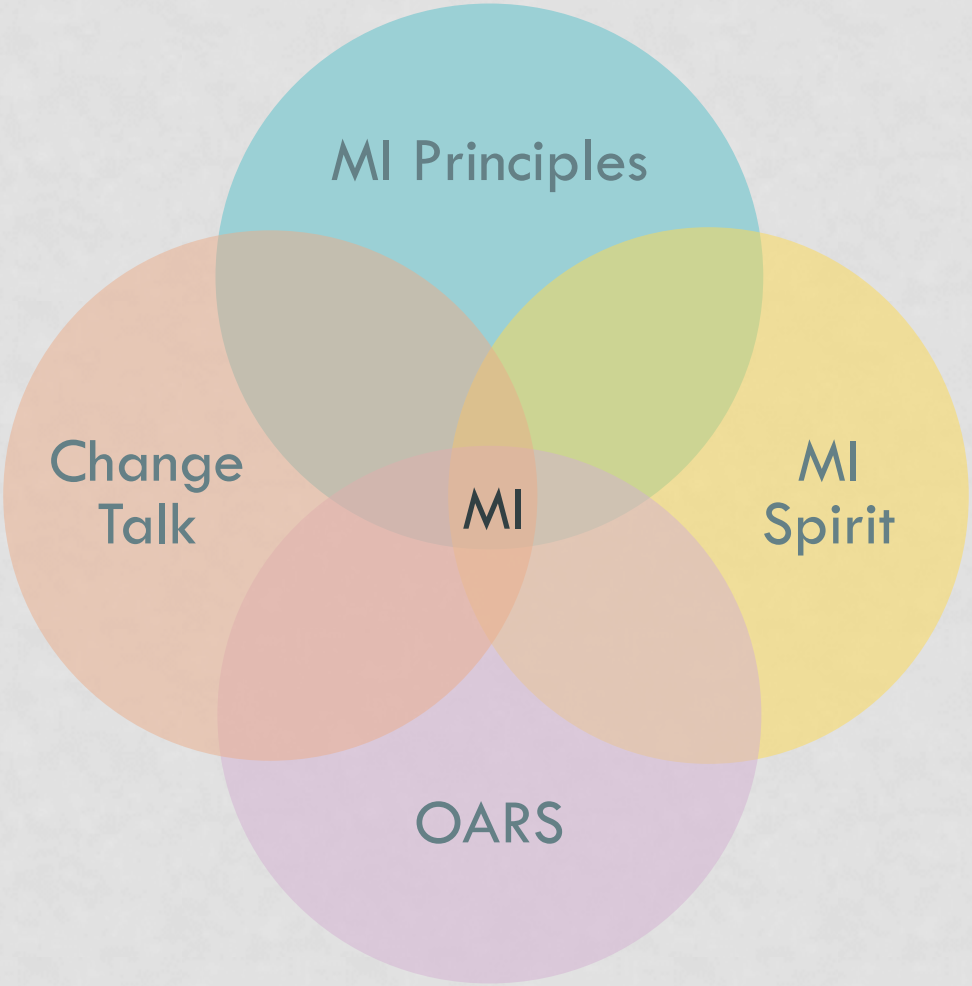
- developed by Miller and Rollnick
- a collaborative person-centred style for having conversations that evoke an individual's own motivations for and commitment to change

WHAT IS MOTIVATIONAL INTERVIEWING?

If you treat an individual as he is,
he will stay as he is,
but if you treat him as if
he were what he ought to be
and could be,
he will become what he ought to be
and could be.

Johann Wolfgang von Goethe
(1749 – 1832)

ELEMENTS OF MI



THE PRINCIPLES OF MI

- Express Empathy
- Develop Discrepancy
- Roll with Resistance
- Support Self-Efficacy

EXPRESS EMPATHY

- acceptance facilitates change
- seek to understand without judgment, criticism or blame
- ambivalence is normal

- LISTEN to the individual

DEVELOP DISCREPANCY

- the youth should present the arguments for change
- a discrepancy between present behaviour and important goals or values will motivate change

- UNDERSTAND the individual's motivation

DEVELOP DISCREPANCY

People are generally persuaded by the reasons
which they themselves have discovered,
than by those which have come
through the minds of others.

Blaise Pascal
(1623 – 1662)

ROLL WITH RESISTANCE

- avoid arguing for change
- resistance behaviour is not directly opposed
- new perspectives are invited but not imposed
- resistance behaviour is a signal to respond differently
- the youth is the primary resource in finding solutions

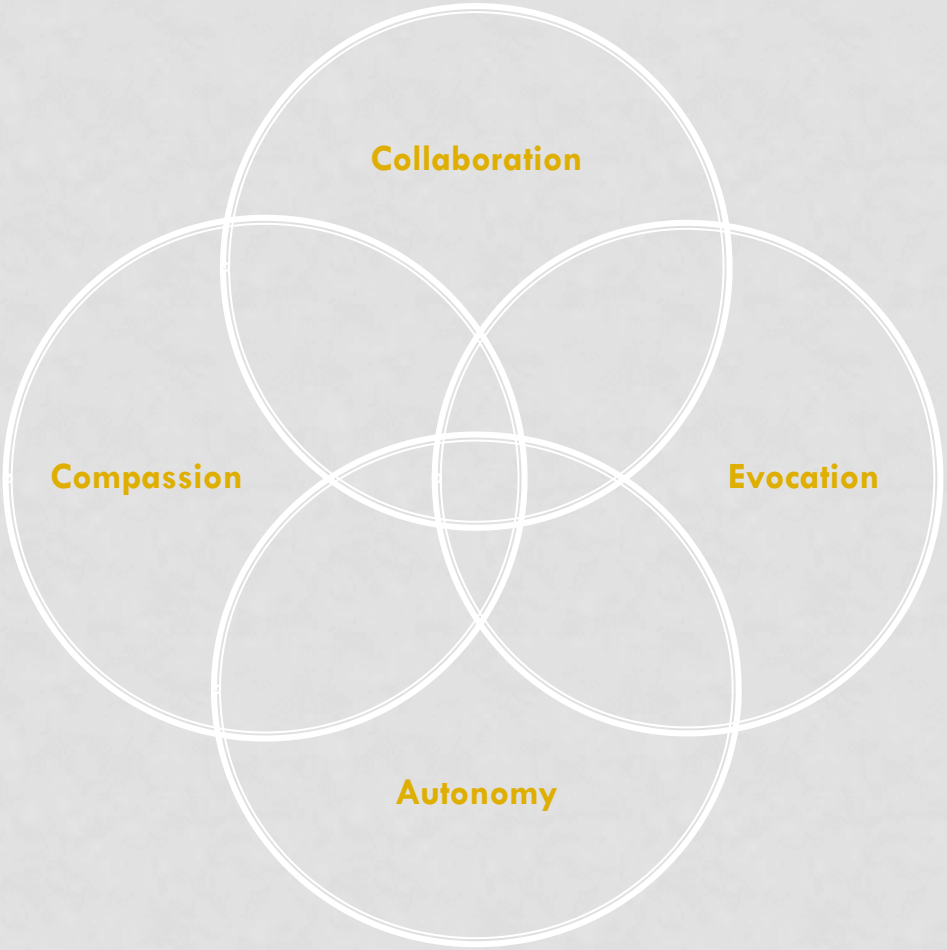
- RESIST the righting reflex and the big hammer

SUPPORT SELF-EFFICACY

- belief in the possibility of change is an important motivator
- the youth is responsible for choosing and carrying out personal change
- the professional's own belief in the individual's ability to change becomes a self-fulfilling prophecy

EMPOWER the individual

THE SPIRIT OF MI



FOUNDATION SKILLS

- **O**pen-Ended Questions
- **A**ffirmations
- **R**eflections
- **S**ummary Statements

OPEN-ENDED QUESTIONS

- build rapport
- demonstrate interest
- elicit information
- build intrinsic motivation

AFFIRMATIONS

- build self-efficacy
- help anchor the individual to personal strengths and resources
- foster a competent worldview

REFLECTIONS

- demonstrate your concern and interest in what the individual is telling you
- show that you understand the meaning of what the individual is saying
- encourage the individual to continue talking

SUMMARY STATEMENTS

- link together ideas and topics presented by the individual
- demonstrate careful listening
- check in with the individual
- prepare the individual to move forward

CHANGE TALK

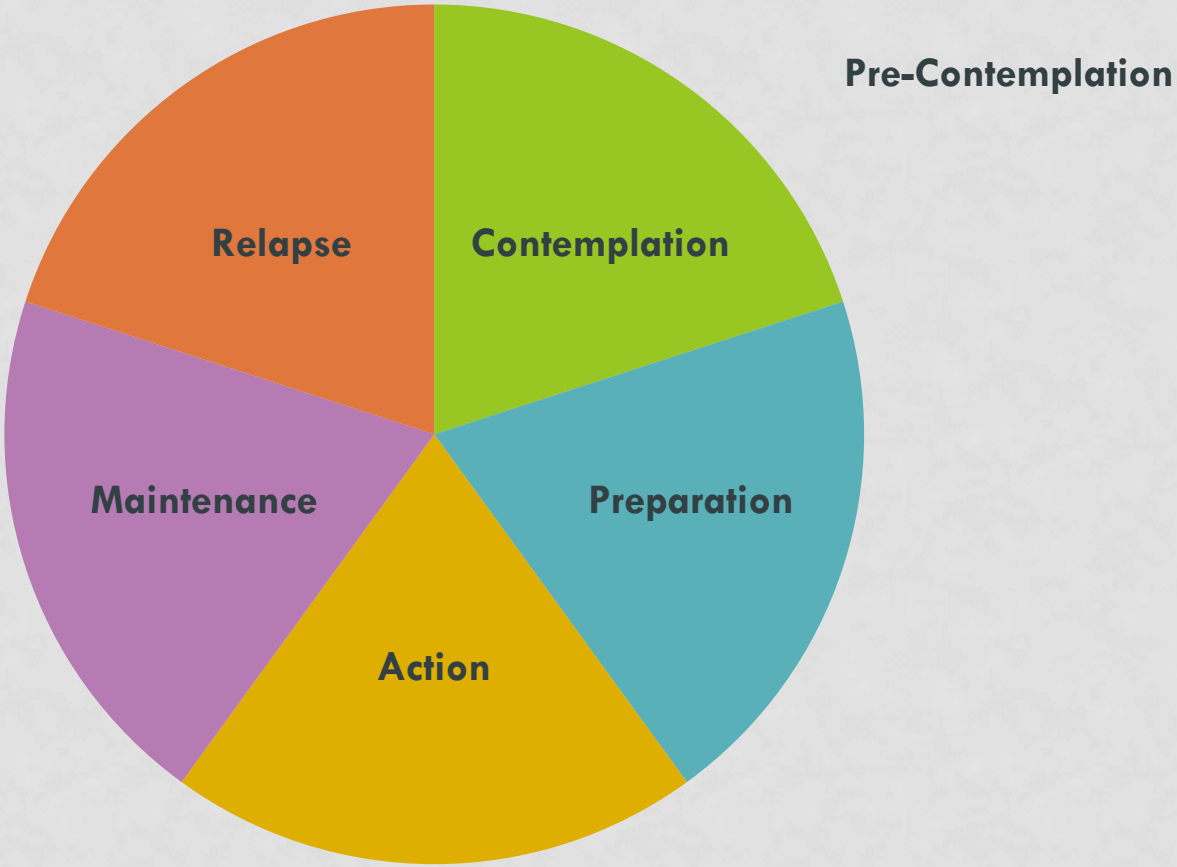
Any statement made by the youth that indicates . . .

- **D**esires
- **A**bilities
- **R**easons
- **N**eeds
- **C**ommitment

ELICITING CHANGE TALK

- Evocative Questions:
  - Disadvantages of the Status Quo
  - Advantages of Change
  - Optimism about Change
  - Intention to Change
- Elaboration
- Scaling Questions
- Using Extremes
- Looking Back
- Looking Forward
- Looking for Exceptions
- Exploring Goals
- Decisional Balance

STAGES OF CHANGE



STRATEGIES TO ENHANCE MOTIVATION

PHASE I

Pre-Contemplation

- raise doubt
- increase perceptions of risk

Contemplation

- tip the balance by evoking reasons to change

STRATEGIES TO ENHANCE MOTIVATION

PHASE II

Preparation

- assist to determine the best course of action

Action

- assist to take steps toward change

Maintenance

- assist to identify and use strategies to prevent relapse