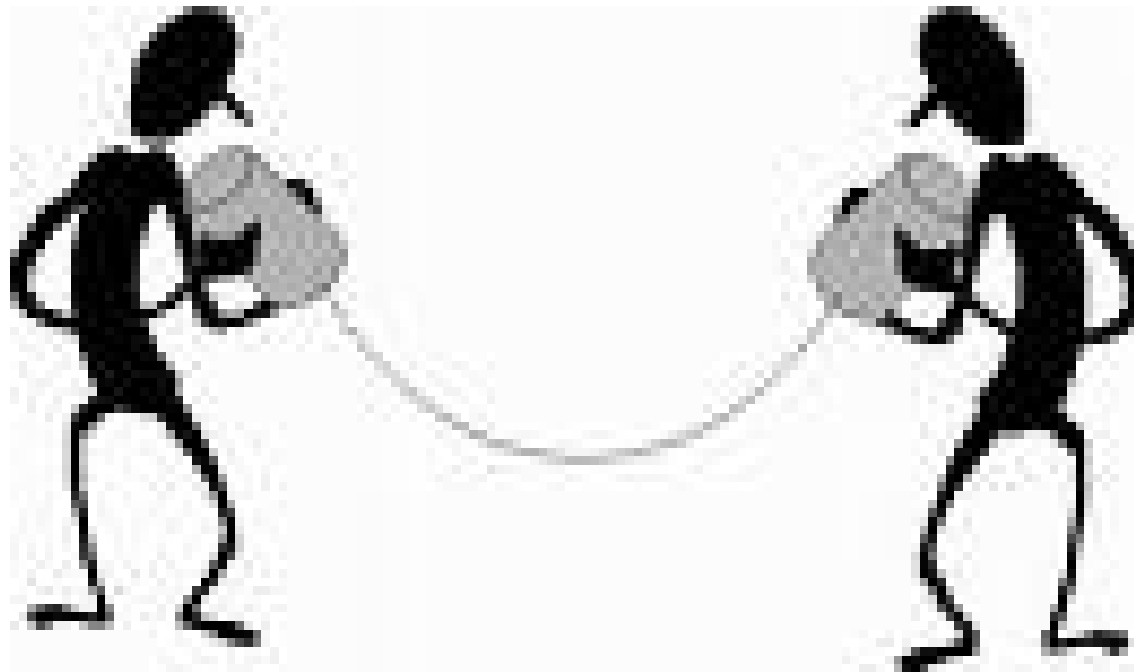


# Motivational interviewing (MI)

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# What is Motivational Interviewing

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- A particular way of helping people recognise and do something about their present or potential problems
- Useful for those people who are reluctant to change or ambivalent about change
- Intended to help resolve ambivalence and to get a person moving along the path to change



# What is motivational interviewing

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- A powerful tool for helping people to free up their own motivations and resources.....
- For helping people get unstuck



## Spirit of MI

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- What was shown in the role-play?
- Client control
  - Partnership
  - Listening rather than telling
- Respectful
  - Non-judgemental
  - Genuine
  - Empathy
  - Acceptance



# Spirit of MI

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- Positive
  - Affirming
  - Belief that each person has the power to change
  - Intrinsic motivation
  - Support self-efficacy

# Things not to do

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- Give advice
- Force, use scare tactics, confront
- Argue





## Why avoid argumentation?

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- If we argue the advantages of one side, the client presents the negatives for that side.
- The more a client resists, the less likely it is that the client will change



## Goal of MI?

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- Create self understanding
- Create intrinsic motivation
- Fully informed & contemplated choices
- CONSCIOUS CHOICE (not necessarily behaviour change) after exploring ambivalence

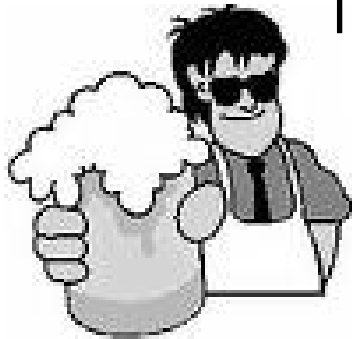
# Overall goal of MI

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- To increase a persons intrinsic motivation, so that change arises from within rather than being imposed from without

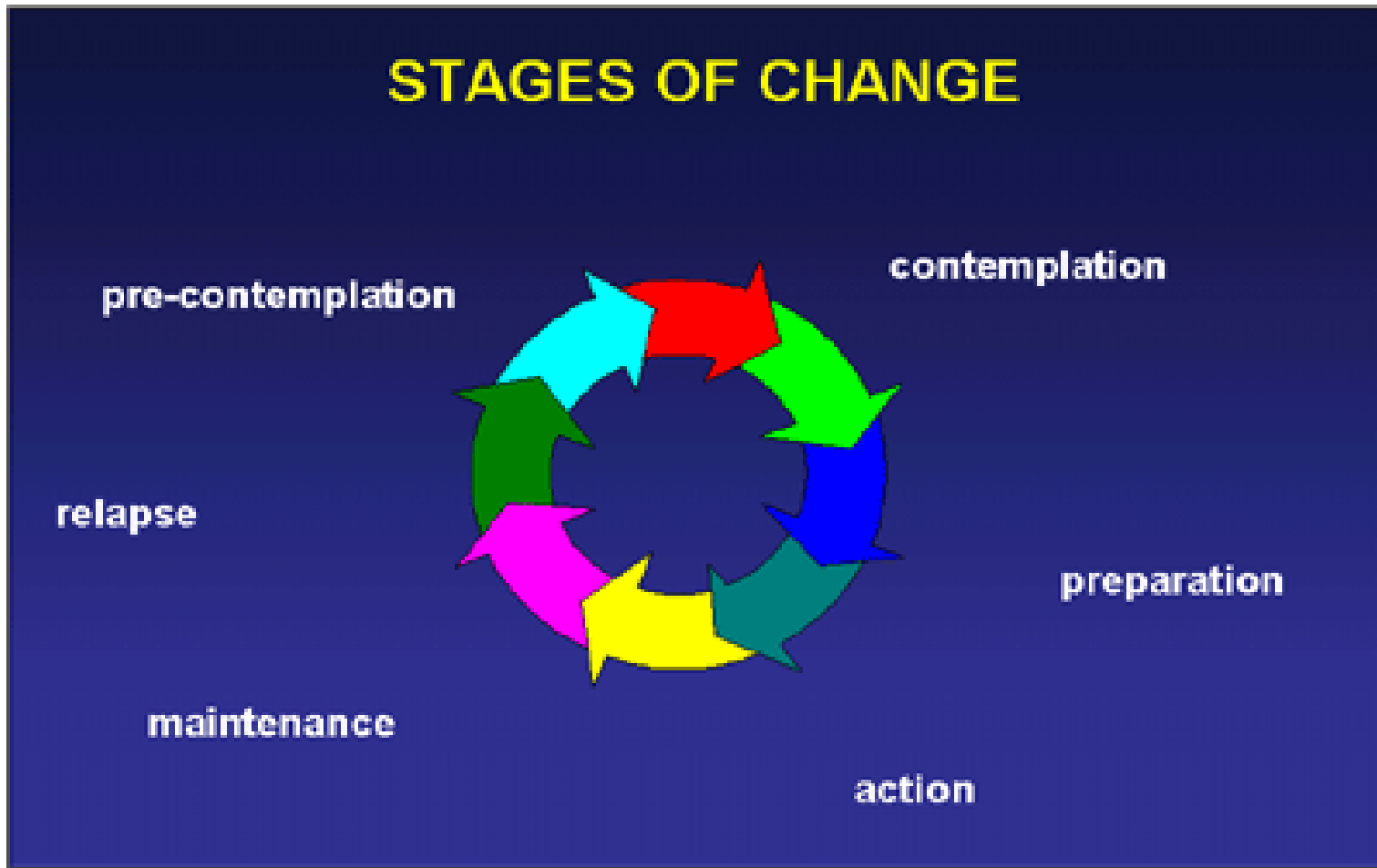
“ What you need, in trying to help people, are the qualities of a good bartender – sympathy, willingness to listen, and intuition”

Frank Buchman: A Life



# Behaviour Change

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Prochaska and DiClemente



# What drives behaviour change or what makes a person change?

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- Information?
- Motivation?