

Pulling it all together

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Molly Kellogg, RD, LCSW

Our Outline
<ul style="list-style-type: none">• What is MI?• How it works• Putting the pieces together• Formats to follow• How to keep getting better

Any definition of MI includes...
<ol style="list-style-type: none">1. MI is a particular kind of conversation about change2. MI is collaborative (partnership, honors autonomy, not expert/recipient)3. MI is evocative (seeks to call forth the person's own motivation and commitment)

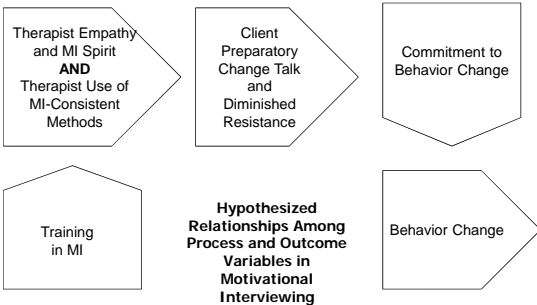
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Motivational interviewing is a person-centered counseling method for addressing the common problem of ambivalence about change

The spirit of MI

- Collaboration
- Evocation
- Autonomy
- Compassion

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From: Miller, W.M, Rose, G.S, Toward a theory of motivational interviewing. *American Psychologist*. 64: 6, Sep 2009, 527-537.

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The parts

- OARS
- Rolling with resistance
- Importance and confidence to change
- Change talk
- Giving advice

The four processes of MI

Engaging
Focusing
Evoking
Planning

Other simple formats

- Exploring Importance and Confidence to make a change
- Elicit/Provide/Elicit
- Attend to change talk

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When you have little time

- Ask permission to bring up your topic
- Ask permission to give advice
- Summarize and ask a key question
- Be willing to talk about time

Client-centered style in groups

- Offer choice
- Ask permission
- Evoke group wisdom

Practicing...



- How might you continue to advance your skills
- What is your very next step?
- What support might you need?
