

Implementing Motivational Interviewing into RSAT Programs

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Bureau of Justice Assistance (BJA)

Residential Substance Abuse Treatment (RSAT)
Program for State Prisoners

Training and Technical Assistance Resource

This project was supported by grant No. 2019-J2-BX-K001 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the SMART Office, and the Office for Victims of Crime. Point of view or opinions in this document are those of the author and do not represent the official position or policies of the United States Department of Justice.



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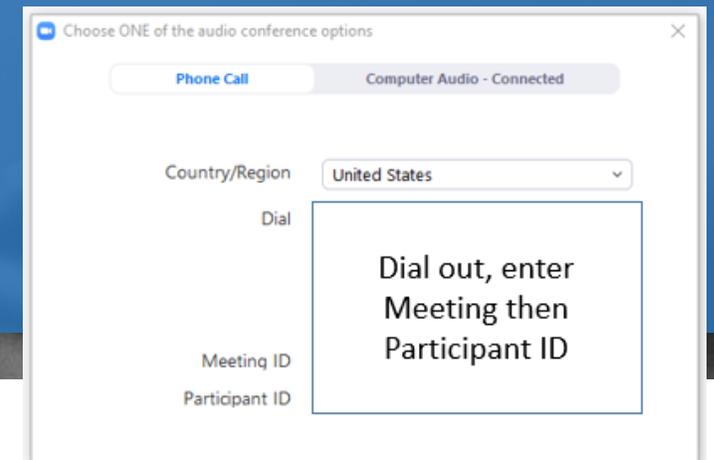
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Today's Speakers



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Learning Objectives

Upon completion of this presentation, participants will be able to:

- Define the four elements underlying the Spirit of Motivational Interviewing (MI).
- Identify at least two situations in which MI is particularly useful.
- Develop options for ongoing staff training and practice of MI.

What experience do you have with utilizing MI in RSAT Programs?

Poll answer options:

- I use MI regularly in multiple settings.
- I sometimes use MI in one setting.
- I have heard of MI or have some training, but I don't use it.
- I haven't heard of or received training in MI before.



What is Motivational Interviewing?

Motivational Interviewing

“Motivational Interviewing (MI) is a **collaborative, goal-oriented** style of communication with particular attention to the **language of change**. It is designed to **strengthen personal motivation** for and commitment to a specific goal by **eliciting** and **exploring** the person’s own reasons for change within an atmosphere of **acceptance** and **compassion**”

-Miller and Rollnick (2013)

Motivational Interviewing

- MI is a **guiding** style of communication, that sits between **following** (good listening) and **directing** (giving information and advice after asking permission to do so.)
- MI is designed to **empower** people to change by drawing out their own meaning, importance and capacity for change.
- MI is based on a **respectful** and **curious** way of being with people that facilitates the natural process of change and honors client autonomy.



Motivational Interviewing

- MI compares well to other evidence-based approaches in formal research studies.
- It can be used on its own or combined with other treatment approaches.
- MI is an evidence-based practice used around the world, with an international network of trainers – [Motivational Interviewing Network of Trainers \(MINT\)](#).
- MI has **observable practice behaviors** that allow practitioners to receive clear and objective feedback from a trainer, consultant, or supervisor.





Who can benefit from MI?

MI Applications

- First developed in the 1980's to support clients with substance use disorders.
- MI can be successfully applied in:
 - Diverse populations (age, ethnicity, religion, sexuality and gender identities),
 - Multiple languages,
 - Individual, group, and telemedicine treatment formats,
 - Different presenting concerns including health, fitness, nutrition, risky behaviors, treatment adherence, substance use, mental health, illegal behaviors, gambling, parenting.
- MI has been implemented in **criminal justice agencies, probation and correctional facilities**, public health, medical care, education, and familial systems.

MI Applications

MI is particularly useful to help people when:

- **Ambivalence is high** and people are stuck in mixed feeling about change
- **Confidence is low** and people doubt their abilities to change
- **Desire is low** and people are uncertain about whether they want to make a change
- **Importance is low** and the benefits of change and disadvantages of the current situation are unclear



Substance Abuse and Mental Health Services Administration. (2019). Enhancing motivation for change in substance use disorder treatment. Treatment Improvement Protocol (TIP) Series, No. 35. Understanding Motivational Interviewing <https://motivationalinterviewing.org/understanding-motivational-interviewing>



The Spirit of MI



Underlying Assumptions in Motivational Interviewing

- Clients have an inherent drive toward health and wholeness.
- The client is the expert about how to change their circumstances.
- The client's experience of choosing and investing in their intended change is indispensable to success.



The Spirit of Motivational Interviewing

- The spirit of MI is a way of being with people - not a set of techniques.
- MI is not done “to” or “on” people, but “for” and “with” them.
- The spirit is the mindset and heartset behind the practice of MI.
- The practitioner must recognize and resist the “righting reflex”.

The Righting Reflex

- The desire to fix what seems wrong with people and to set them promptly on a better course, relying in particular on directing.
- Can take the form of unsolicited advice, confronting, instructing, persuading, or warning.



The Four Aspects underlying the Spirit of MI (PACE)

Partnership

- Collaboration and working together toward shared goals – shared decision making.
- A guiding style - both practitioner and client are recognized as having “expertise”.

Acceptance

- Empathy and interest in understanding the client’s perspective and looking for their strengths and positive aspects.
- A nonjudgmental respect and honoring of the client’s autonomy – their freedom to choose.

Compassion

- This is not feeling for or with the client (sympathy).
- An intention and commitment to the client’s well-being as the prime directive.

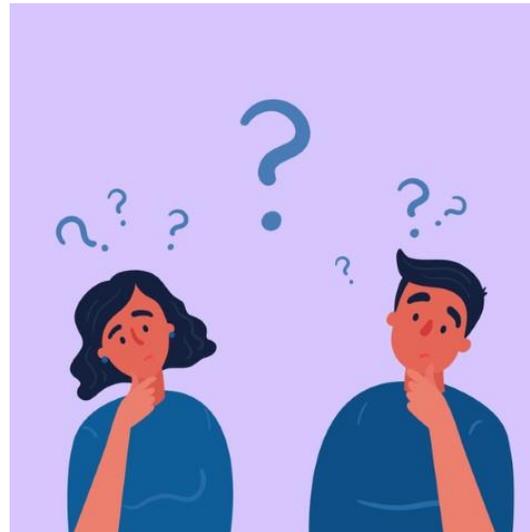
Empowerment, also called Evocation

- Knowledge that the client has within them their own wisdom and strength that the practitioner can help them draw out.
- The message and Spirit of MI is, “You have what you need, and together we will find it.” not “I have what you lack and I will give it to you.”

What if I don't have the MI Spirit?

Do not be concerned that you feel you do not have the full “Spirit of MI” – it is NOT a prerequisite for the practice of MI.

Learning and practicing MI teaches you the underlying spirit.



MI Training

MI Trainers should be:

- Members of MINT (Motivational Interviewers Network of Trainers).
- Certified MI Trainers who were trained by MINT Trainers.
- Able to provide options for follow-up MI sessions and ways to provide feedback to new MI practitioners.

Some MINT online trainings can be found at <https://motivationalinterviewing.org/calendar>.

MINT trainers within your state can be found at <https://motivationalinterviewing.org/trainer-listing>.

Contact rsatta@ahpnet.com for additional assistance.



MI is a Practice.

The practitioner must practice MI, receive feedback from others on their practice, and attend regular trainings.



Resources

- Miller, William R., and Stephen Rollnick. Motivational Interviewing: Helping People Change. 3rd ed. New York, NY: Guilford Press, 2013
- Stinson, J. D., & Clark, M. D. (2017). Motivational interviewing with offenders: Engagement, rehabilitation, and reentry. The Guilford Press.
- Substance Abuse and Mental Health Services Administration. (2019). Enhancing motivation for change in substance use disorder treatment. Treatment Improvement Protocol (TIP) Series, No. 35.
https://store.samhsa.gov/sites/default/files/d7/priv/tip35_final_508_compliant_-_02252020_0.pdf
- Bogue, Bradford M., and Anjali Nandi (2012). Exercises for Developing MI Skills in Corrections. Washington, DC: National Institute of Corrections. McGuire, S. (1996).
<https://s3.amazonaws.com/static.nicic.gov/Library/025557.pdf>
- Walters, Scott T., Michael D. Clark, Ray Gingerich, and Melissa L. Meltzer (2007). Motivating Offenders to Change: A Guide for Probation and Parole. Washington, DC: National Institute of Corrections.
<https://nicic.gov/motivating-offenders-change-guide-probation-and-parole>
- Health Education & Training Institute, Portland, ME. <https://www.hetimaine.org/home>

MI in Group Settings

Using Motivational Interviewing Techniques within RSAT

Abby Neer, BA, CDCA

Looking Deeper

- MI is collaborative with the counselor and clients, but the group should also be involved in this collaboration.
- Challenge clients to look at the roots of behavior, rather than be distracted by the behavior itself.
- Encourage an MI environment and culture from onset with group expectations.

Group Setting

- MI should not just be used in individual sessions.
- Display MI techniques in group
- MI techniques include open-ended questions, active and reflective listening, decisional tools and goal setting.
- When we display MI, clients learn the techniques as well. Enthusiasm leads to buy in.

Ambivalence and Discrepancy

- In group a facilitator will have clients in different stages of change, use that to help encourage change!
- Clients with more change talk can encourage clients who use more sustain talk.
- MI should also be used to highlight discrepancy
- Example: a client who claims to want to successfully complete treatment, however, is consistently breaking facility rules.
- Do not do for the group what the group can do for itself

Perspective Work

- Empower clients to draw their own meanings and reasons for change
- Encourage the sharing of opinions and different perspectives
- Challenge erroneous perspectives (your best thinking resulted in your current situation)

“The person who suffers most in this world is the person who has many wrong perceptions...” - No Mud, No Lotus by Thich Nhat Hanh

QUESTIONS

- ▶ Type your questions in the Q&A box on your screen.



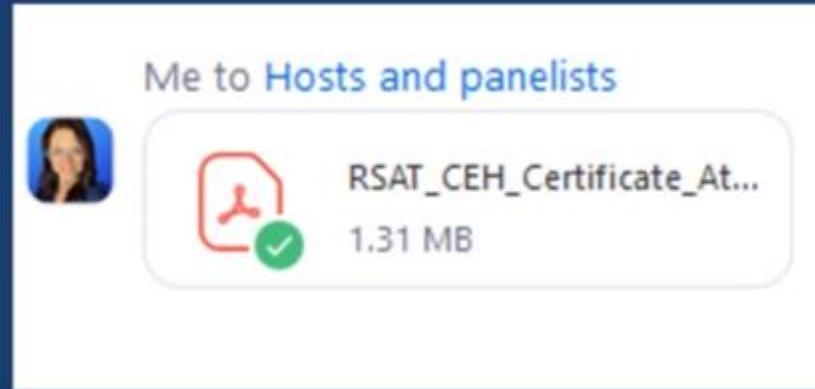
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August 17, 2022 RSAT webinar CEH quiz link:

<https://survey.alchemer.com/s3/6980357/August-17-2022-RSAT-Webinar-CEH>

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<http://www.rsat-tta.com>



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