

Motivational Interviewing Techniques for Treatment Court Practitioners



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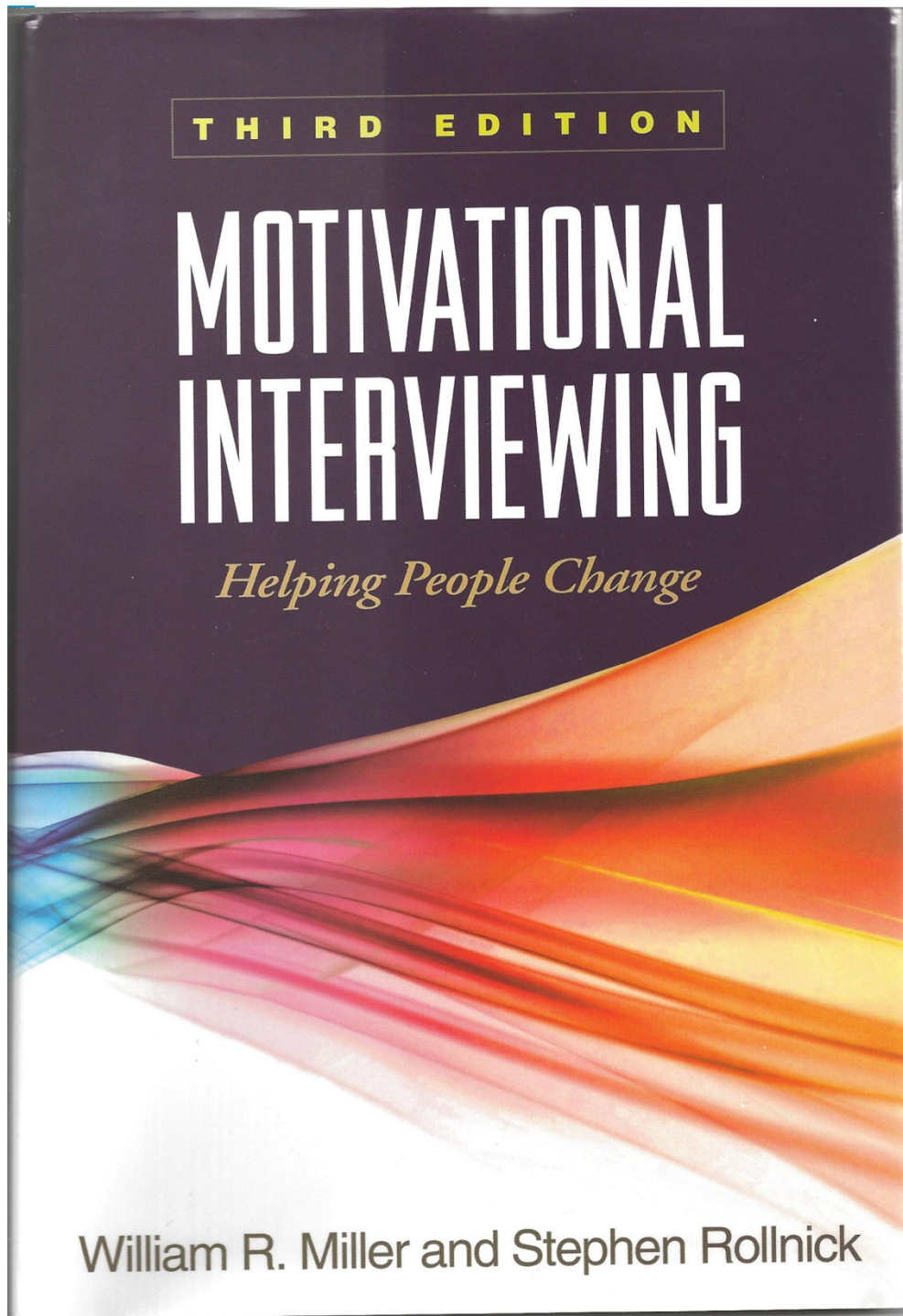
THIRD EDITION

MOTIVATIONAL INTERVIEWING

Helping People Change

William R. Miller and Stephen Rollnick

It's a helpful way of assisting people in finding *their own reasons for change.*



**Research shows
staff behavior can
predict the
appearance of
change talk**

**Change talk
predicts later
positive outcomes**

**People can talk
themselves
in or out of change**

MOTIVATIONAL INTERVIEWING WITH OFFENDERS

Engagement, Rehabilitation,
and Reentry

Jill D. Stinson and Michael D. Clark

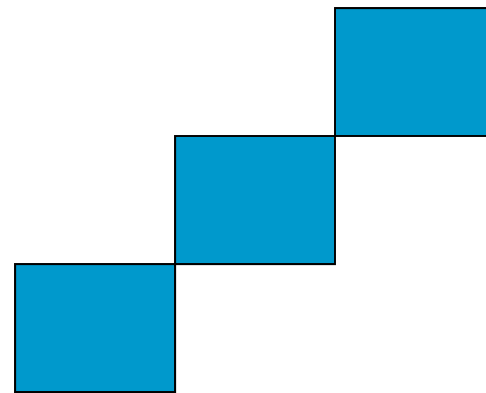
I was never taught or trained in human motivation or the process of positive behavior change....

“We must remember, there is simply a limit to coercion....”

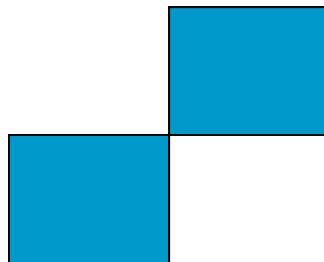
“A change of heart cannot be imposed, it must be chosen...”

There are **Two** Levels of Success

Behavior Change & Growth



Obedience / Compliance / Stability



Acting Out / Unstable / Illegal Behavior



Speeding Exercise



3 Motivational Constructs

□ **Why** should I do it?

□ (**Importance**)

□ **How** would/can I do it?

□ (**Confidence**)

□ **When** should I do it?

□ (**Readiness**)

Discrepancy

Values/beliefs *compared to* Behavior/actions



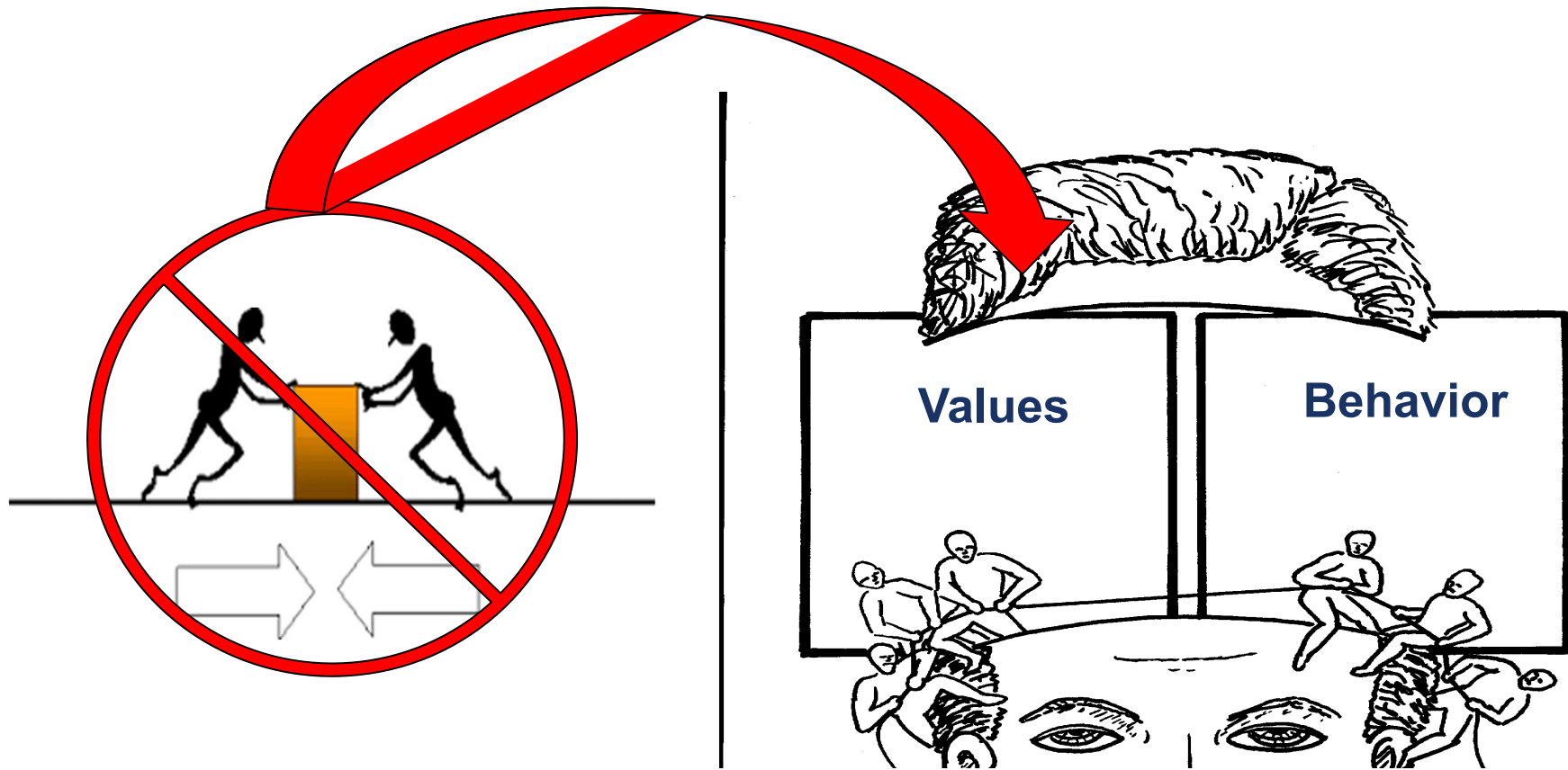
Values

Ideal

Behavior

Real

Not *between* you; but *within* the person



“painful present” is examined because it conflicts with the valued and important

2 minute Discussion

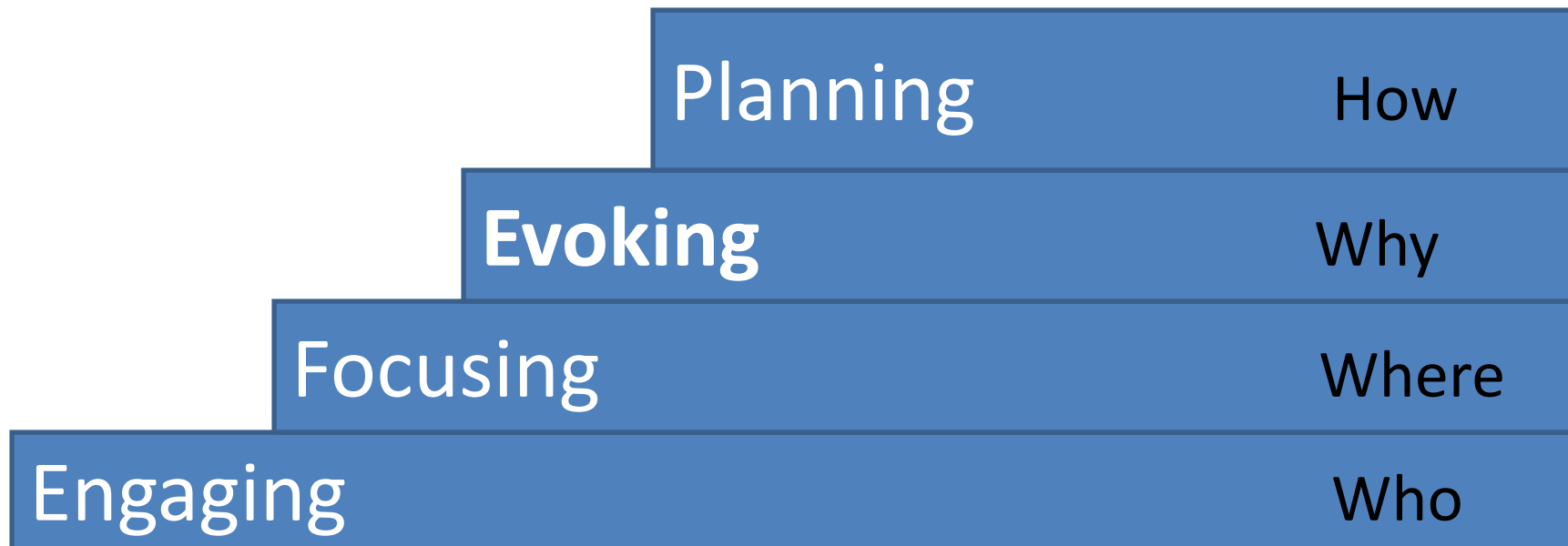


What might be the result for your program if all of your Team could:

“Believe that the largest majority of our program participants who enter our Treatment Courts are *ambivalent*?”

Four Processes in MI

- .Sequential
- .Build on each other
- .Recursive



Engaging

- .Both parties establish a helpful connection & working relationship
- .How comfortable is this person talking to me?
- .How supportive and helpful am I being?
- .Do I understand their perspective?
- .How comfortable do I feel in this conversation?
- .Does this feel like a collaborative partnership?

Focusing

.Develop & maintain a specific direction in the conversation about change

–Client’s agenda

–Your Agenda



Look for overlap

if it is there

.What goals for change does this person really have?

.Do I have different aspirations for them?

.Are we working together on a common purpose?

.Does it feel like we are moving in the same direction?

Evoking

.Eliciting client's motivation for change, focus on one particular behavior to change, i.e. ideas, feelings on how to do it

.What are this person's own reasons for changing?

.Is the reluctance more about confidence or importance to change?

.What change talk am I hearing?

.Am I steering too far or too fast in a particular direction?

.Is the righting reflex pulling me to argue for change?

Planning

.Developing a specific change plan that the client is willing to implement

–Starts w/client talking about change

–Talking on how they will do it

–What life would be like with change?

.What would be the first step?

.What would help them move forward?

.Am I evoking rather than prescribing a plan?

.Am I offering the needed information?

.Am I retaining a sense of quiet curiosity about what will work for

WHEN it is a good time to use reflections:

- .BEFORE you ask a question or act on information.
- .BEFORE you begin to argue with the other person. (Why waste your time or energy?)
- .When the client is experiencing strong feelings.
- .When the client seems to be speaking in a “code” and you’re not quite sure what they mean. Sometimes, a simple repeat will make it clear.

WHEN it is a good time to use reflections:

- With the most resistant person you know.
- During any mutual conversation.
- When coming across new ideas, reading a book.
- With managers, supervisors, administration, etc.
- With any person who has verbal skills, Everyone.

Ways to Reflect

Repetition —Repeats a key word or phrase.

Simple—(Rephrase) Restates in new words, adds *meaning* to what was said.

Complex—States content *and emotion* that the person seems to be feeling.

Double Sided—Restates mixed or contradictory feelings –Ambivalence.

Examples

.Person: I'm not the one with the problem. If I drink, it's just because my family is always nagging me.

.Counselor:

It seems to you that the real reason you drink so much comes from problems in your family.

Examples

Client: The results of this test I took says that I have a problem with drugs, but t

Counselor:

It says you have a problem but that d

Examples

Client: Who are you to tell me what to do? What do you know about

Counselor:

Sounds like you're pretty
angry at me.

Examples

Client: I couldn't change even if I wanted to.

Counselor: **You can't see any way to quit, and**

Client: I don't want to quit!

Counselor: **Quitting is not for you! It wouldn't**

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